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Movies

Summer flick full of indie charm
pg 14

Atleo to lead Assembly of First Nations

FocusOn FirstNations

EIGHTH BALLOT After a long-fought battle, British Columbia's Shawn Atleo has been named national chief of the Assembly of First Nations.

Shawn Atleo

The duel between Atleo and Perry Bellegarde went to an eighth ballot Thursday morning, with Atleo ending up with 58 per cent of the vote. After that Bellegarde crossed the floor, hugged Atleo and conceded his bid.

"It's been just a tremendous privilege to be part of this process," said Atleo.

He added that challenges he plans to tackle include health, poverty, education and unity. **AMY GREGSON/ FOR METRO VANCOUVER**

FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series.

- Today
- **Christine Williams, below, analyzes the issues Shawn Atleo faces as new AFN leader, page 6**
- **Canice Leung on 'Canada's collective shame,' page 8**

On the web

Stay informed:

- Go to metronews.ca for your weekend news updates.

North Van **Bike escalator, anyone?**

PHOTO: WWW.TRAMPE.NO/ENGLISH/PHOTOGALLERY.PHP

The City of North Vancouver is exploring the possibility of building a bike escalator, similar to the one seen here in the Norwegian city of Trondheim. Mayor Darrell Mussato said the devices would help cyclists ascend the steep hills of the Lonsdale Avenue corridor. Coverage, page 2.

Cabin fire claims 3 city children

SHUSWAP LAKE Three children from Metro Vancouver have been killed in a cabin fire on Shuswap Lake, RCMP announced on Thursday.

Emergency crews in Salmon Arm were called to the cottage around 2 a.m., and learned that a 14-year-old boy, his 10-year-old sister and their 14-year-old female cousin had been sleeping in the burning building.

Other family members were staying in adjacent detached cabins.

"One of the parents suffered minor injuries received in attempts to rescue the children," said RCMP Cpl. Dan Moskaluk.

"Officers … have secured the scene and remain on site, and are awaiting the arrival of several intra-agency specialist teams to conduct further examination," he said.

The names of the children have not been released.

It's unclear how the fire started. **METRO VANCOUVER**

B.C. sings in harmonized sales tax

Merged duty starts July 1, 2010

JEFF HODSON
jeff.hodson@metronews.ca

Goodbye PST. So long GST. Hello HST.

British Columbia is merging its provincial sales tax (PST) with the federal goods and services tax (GST) to create a single 12 per cent harmonized sales tax (HST).

Critics, however, warn that HST could raise the price of dozens of services — like the price of a restaurant meal — that are currently exempt from PST.

Premier Gordon Campbell said Thursday that the harmonized tax would make business more competitive, attract billions in new investment while creating jobs and economic growth.

"It is a bold stroke for B.C.'s economy," said Campbell Thursday in his Vancouver office, of the new tax that takes effect July 1, 2010.

The new harmonized tax follows the lead of three Maritime Provinces as well as Quebec and Ontario. The latter's 13 per cent HST also begins July 1, 2010.

NDP finance critic Bruce Ralston warned in a statement Thursday that the provinces that have implemented HST saw price increases in everything from electrical and vet bills to eating in restaurants and getting a haircut.

The Canadian Restaurant and Foodservices Association said the HST could hurt tourism by increasing the tax on a restaurant meal from five to 12 per cent.

Under PST, exceptions cover a number of goods and services including all food products, safety equipment, professional and personal services (like haircuts).

The province said that businesses providing goods and services pay PST on their purchases and that cost is passed on to consumers through higher prices.

Moving to HST, should eliminate those hidden taxes and the savings should pass down to consumers. HST also offers point-of-sale rebates on a number of products including books and children's clothing as well as gasoline and diesel because they are already subject to the province's carbon tax.

Finance Minister Colin Hansen said HST would save businesses almost $2 billion a year. The federal government is also handing the province a $1.6-billion payout to make it more attractive.

Goods, services

Some of the goods and services exempt from the seven per cent PST that will be subject to the 12 per cent B.C. HST starting July 1, 2010.

- Residential fuels and heat, like electricity and natural gas.
- Basic cable TV and residential telephone.
- Bicycles

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Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Olympic organizers seek digital visions of Canada

Vancouver Olympic organizers are asking Canadians to create a 30-second digital vision of our country that would be played on public screens during the Games. The digital collages can be spliced together through a special application found at vancouver2010.com. METRO VANCOUVER

Local

Used purses sought for charity

Got old handbags gathering dust in your closet? Women who bring their gently used purses to the Oakridge Centre for its charity purse drive will be entered to win a $1,000 shopping spree at the mall. The drive runs until Aug. 2 to support Dress For Success.

METRO VANCOUVER

Whale-watching boat goes down

ACCIDENT A whale-watching boat with 32 people on board sunk off the Gulf Islands after hitting a deadhead on Thursday.

Rescue officials said no one was injured.

The 14-metre-long vessel, which was operated by Steveston-based Vancouver Whale Watch, hit a log near Campbell Bay on Mayne Island, puncturing its aluminum hull.

Another nearby whale-watching boat picked up the passengers.

METRO VANCOUVER

News in brief

WARNING Police are warning about a possible kidnapping attempt in Richmond. Two brothers, 10 and 13, were catching fish along Gibbons Drive when a man with a puppy told one of the boys to go to his truck to get his phone so they could attempt to find the owner. The suspicious man took off when a passerby approached.

DEATH A 35-year-old student helicopter pilot has died after crashing into the Kootenay River near Creston, RCMP said Thursday. Searchers using a remote camera located what is believed to be the helicopter in approximately 45 feet of water, with the pilot still inside.

MISSING A 33-year-old Burnaby woman who went missing on July 12 had scheduled a trip to visit family in China on July 16, police said Thursday. Hong Wei Yin had worked at several massage parlors in the Lower Mainland.

FIRE A North Vancouver family is homeless after their house was destroyed in a fire, news1130.com reports. The home on Keith Road went up in flames Wednesday. No one was injured.

CRIME Police said on Thursday that officers conducted eight drug seizures, 220 liquor pour-outs and arrested two people for public intoxication during the previous night's Celebration of Lights fireworks show. METRO NEWS SERVICES

metronews.ca
What's online today.

Video Cirque de Soleil founder promises not to be a burden on the crew when he becomes Canada's first space tourist at **metronews.ca/canada**

B.C. adopts stun gun guidelines

Rules based on Braidwood recommendations apply to municipal police, RCMP

JEFF HODSON
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B.C. is adopting strict new guidelines on the use of stun guns like the Taser in the wake of the 2007 death of a Polish immigrant at Vancouver's airport, the province's solicitor general said Thursday.

The new rules mean an officer can only discharge a conducted energy weapon if there is a risk of bodily harm and all lesser force options have been exhausted.

The rules are based on 19 recommendations issued by retired judge Thomas Braidwood, who was tasked with examining the weapon and its use by municipal forces.

Braidwood found that conducted energy weapons have the capacity to cause serious injury or death.

Despite its risk and calls by some for a moratorium on its use, Braidwood found the Taser a useful tool, since its mere presence could defuse potentially dangerous situations.

The Braidwood Commission was launched following the death of Robert Dziekanski, who died after being Tasered multiple times.

The province adopted all of Braidwood's recommendations Thursday, said Solicitor General Kash Heed. The new rules apply to municipal police officers, sheriffs and RCMP.

"I expect every police officer operating in British Columbia to follow my directive and the recommendations that we are implementing — regardless of the colour of their uniform," Heed said.

Braidwood's recommendations had excluded the RCMP — who police 70 per cent of the province's population — because they are a federal organization, not provincial.

It was a fact Braidwood found ironic given that it was RCMP who confronted Dziekanski with a Taser.

JEFF HODSON/METRO VANCOUVER

Retired judge Thomas Braidwood, right, releases his recommendations on the use of conducted energy weapons in Downtown Vancouver Thursday.

Rules

- The new rules raise the threat threshold from "active resistance" to fear of bodily harm, and can only be used when an officer is enforcing a criminal law, and not a bylaw like transit fare evasion.
- All police officers who carry a conducted energy weapon must also have ready access to a defibrillator.
- All conducted energy weapons must be tested regularly.

Bike escalator being considered

METRO
NewsExclusive

DEREK MOSCATO
for Metro Vancouver

LIFT The City of North Vancouver is exploring the possibility of building a bike escalator that would help cyclists more easily ascend the steep hills of the densely populated Lonsdale Avenue corridor.

Inspired by the mechanics of ski lifts, the patented bicycle lift technology Trampe has been used in Trondheim, Norway, since 1993. It carries cyclists uphill via foot plates attached to a wire rope, at a speed of two metres per second.

According to North Vancouver Mayor Darrell Mussatto, the lift would fit nicely with his community's cycling plan, since many bike commuters on the North Shore have difficulty riding up the steepest grades of the hilly terrain heading north. He notes the grade of Lonsdale and Chesterfield avenues is roughly the same as the hill in Trondheim where the Trampe system is used.

The bike lift would ideally link the waterfront area near Lonsdale Quay to the Central Lonsdale neighbourhood, travelling along Chesterfield Avenue.

To date, Mussatto said, "staff are still investigating."

"I have only had meetings with them in my office to get their first impressions," he added.

He plans to ask for a report on the technology that would be brought before North Vancouver council in September.

North Vancouver is not the only jurisdiction pondering making use of this technology. Trampe inventor Jarle Wanvik told Metro that other North American cities, including Seattle, Quebec City and Ithaca, N.Y., are also interested.

Such infrastructure is not without its own challenges, however. Implementing it could cost upwards of $1 million.

In Trondheim, there has never been an accident on the system, according to Wanvik.

For a video of the bike escalator in Trondheim, visit: **metronews.ca**

PHOTOS SUBMITTED

Two girls use a bicycle escalator in Trondheim, Norway. The device, which could be installed in North Vancouver, uses foot plates, seen at lower right, to give cyclists a lift up hills.

Weekend Virgin Festival boasts customized lineup

CONCERT Music fans at this weekend's Virgin Festival in Burnaby will be rocking to a different show than concertgoers in other cities, as organizers customize the lineups for each market.

The festival, which is being held at Deer Lake Park, features headliners Our Lady Peace, Broken Social Scene and the Roots on Saturday, and Metric, Sonic Youth and Ben Harper and Relentless7 on Sunday.

"We talk to folks in every market and find out who they want to see," said Andrew Bridge, director of Virgin Festivals. "You'll see an indie-rock genre in Vancouver."

The festival is making a two-day stop in Vancouver before heading to Calgary and Toronto.

Other than music, there will also be yoga, massages and pole dancing.

Day tickets to the Virgin Festival are $75 and weekend passes are $135. Tickets packages are also available at four for the price of three.

For more information, visit virginfestival.ca.

KRISTEN THOMPSON/
METRO VANCOUVER

SASHA HAAGENSEN/GETTY IMAGES

Ben Harper and Relentless7 will close the Virgin Festival.

Do's and don'ts

- With temperatures expected to reach 31 C, concertgoers are advised to bring water and sunscreen. Come prepared as there are no in-out privileges.
- People are allowed to bring water in clear, sealed plastic bottles. Water refill stations will be provided.
- Food and beverages will be available for sale. People can also bring their own food in soft containers.
- Four ATMs will be on site.
- Don't bring liquor, pets, lawn furniture, umbrellas, hard coolers, glass bottles and cans, summer toys or professional photo equipment.

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Highgate Village
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Lougheed Mall
(604) 420-7979
Metropolis at Metrotown
(604) 433-8000
Metropolis
(604) 430-3903
Crystal Square
(604) 718-2112
Metrotown Centre
(604) 432-9303
101-3855 Henning Dr.
(604) 431-2900
CHILLIWACK
Cottonwood Mall
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COQUITLAM
Coquitlam Centre Mall
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3411 North Rd.
(604) 938-4777
DELTA
Scottsdale Mall
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Delta Shoppers Mall
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5180 Ladner Trunk Rd.
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Willowbrook Kiosk
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1422 Lonsdale Ave.
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Norgate Plaza
(604) 983-3335
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Aberdeen Centre
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200-8877 Odlin Cres.
(604) 718-8888
SAANICH
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Central City
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Guildford Town Centre
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Nordel Crossing
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Semiahmoo Mall
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Khalsa Business Mall
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101-7320 King George Hwy.
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1807 Burrard St.
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208 Keefer St.
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5759 West Blvd.
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920 Davie St.
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UBC-2160 Western Parkway
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1295 Robson St.
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7645 Royal Oak Ave.
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100-20398 Dewdney Trunk Rd.
(604) 460-6527
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NEW WESTMINSTER
Columbia Square
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Royal Square Mall
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NORTH VANCOUVER
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(604) 986-7500
1661 Lonsdale Ave.
(604) 980-7291
Capilano Mall
(604) 983-9744
Port Coquitlam
Prairie Mall
(604) 552-3316
Shaughnessy Station
(604) 947-2423
RICHMOND
8900 No. 1 Rd.
(604) 241-0711
192-8180 No. 2 Rd.
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8360 Granville Ave.
(604) 244-8446
Garden City Shopping Centre
(604) 244-7800
Ironwood Plaza
(604) 241-8441
SURREY
8112 120 St.
(604) 599-0099
10340 152 St.
(604) 588-8900
101-7175 138 St.
(604) 599-8880
8934 152 St.
(604) 581-2287
Cedar Plaza
(604) 581-7884
Peninsula Village Shopping Centre
(604) 538-8828
Surrey Place
(604) 584-7274
Clover Square Village
(604) 574-6341
VANCOUVER
2097 Broadway W
(604) 676-7015
1674 Davie St.
(604) 687-8000
2696 East Hastings St.
(604) 254-9555
5593 West Blvd.
(604) 266-6097
8377 Granville St.
(604) 266-1500
1295 Davie St.
(604) 669-7377
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1027 15th Ave. W
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Granville Street prepares to party

A summer street party is planned on Granville Street from the 400-block to the 1,100-block this Saturday to celebrate local Canada Line completion. The free event, which runs from 2 to 7 p.m., will feature non-stop live music, dance performers and the new Canada Line station will be open to the public for viewing. METRO NEWS SERVICES

Convention Centre **Tickling the keys**

JEFF HODSON/METRO VANCOUVER

Maestro Bramwell Tovey, music director of the Vancouver Symphony Orchestra, plays a custom Steinway concert grand piano at the new Vancouver Convention Centre Thursday. The piano was decorated by Haida artist Jay Simeon and will be sold following the 2010 Games to benefit the B.C. Lions Society.

Terrace Mountain fire grows

Flinty residents ordered to leave

KRISTEN THOMPSON
kristen.thompson@metronews.ca

As West Kelowna residents settle back at home after wildfires forced them to flee, around 2,200 people living in nearby Flinty have been ordered out as the Terrace Mountain fire continues to grow.

The wildfire was the third to break out in the hot, dry Okanagan on July 18.

The evacuation order for Flinty — north of West Kelowna — was issued on Thursday, hours after the last Glenrosa and Rose Valley fire evacuees returned home.

Grace Pickell, a fire information officer in Kelowna, said the blaze grew to 4,000 hectares from around 1,300 on Tuesday.

"This fire is wind-driven," she said, adding that she expects the blaze to spread. "We're expecting thunder showers and that brings in gusty winds."

Pickell said now that the Glenrosa and Rose Valley fires have been contained, the Terrace Mountain fire is their number one priority

"Especially since it's been growing so much," she said.

Man-made

- All three West Kelowna fires are deemed to have been accidentally caused by humans.

Shooting was targeted: Police

CRIME Police said the fatal shooting of a 28-year-old man in North Vancouver was targeted.

The victim, Brandon Vito Hughes, was shot early on Thursday, according to RCMP Sgt. Peter Thiessen.

He said the incident appears to be a targeted hit but it wouldn't confirm if the Hughes was the target.

KARL YU/FOR METRO VANCOUVER

UBC Iran analyst attending hunger strike

DANIEL TAM
for Metro Vancouver

AWARENESS A University of British Columbia Iran analyst is attending the hunger strike in front of the United Nations Headquarters in New York City this week to raise awareness for the violence and deaths in Iran.

Soushiant Zanganehpour, 26, is there to document the hunger strike that drew more than 1,200 supporters.

Zanganehpour, who helped organize the Silent Scream protest in Vancouver last month, described the three-day gathering as being positive and having plenty of energy.

The hunger strike started on Wednesday and will end Friday.

Zanganehpour said he hopes they will be able to gather enough content in the forms of signatures, videos and photos to present to the UN at the end of their rally.

"(The hunger strike) is creating a place and a time for people to show their solidarity regardless of their political affiliations," said Zanganehpour. "We want some form of recognition from the United Nations that urgent action needs to be taken."

Other supporters that made appearances included political activist Noam Chomsky and actors Sean Penn and Robert Redford.

News in brief

ASSISTANCE Fire crews from Ontario and New Brunswick arrived in B.C. on Thursday for an expected 14-day stay helping battle wildfires.

COURTS The Frank Paul Inquiry can obtain documents and evidence from prosecutors, the B.C. Court of Appeal ruled on Thursday. Frank Paul died of hypothermia after officers dropped him off in an alley.

IDENTIFIED The body found inside a burning vehicle in Burnaby has been identified as 25-year-old John William Hanna, Burnaby RCMP said.

CHARGES A 33-year-old New Westminster man has been charged with arson in relation to a year-old house fire that destroyed a Delta home and damaged two neighbourhing residences. METRO NEWS SERVICES

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Man guilty after 'O Canada' spat

A New Brunswick man was found guilty on Thursday of threatening the principal of Belleisle Elementary School, where the daily singing of O Canada had been stopped, CBC News Online reports. METRO NEWS SERVICES

Canada

Man recounts torture claims

A Montreal man who spent almost six years stranded in Sudan recounted his claims of torture by officials while in the country, and accused Canadian intelligence agents of harassing his family for months before he arrived there, CBC News Online reports. In a news conference in Ottawa on Thursday, Abousfian Abdelrazik also said two CSIS agents came to Sudan in 2003 and interrogated him for two days. METRO NEWS SERVICES

News in brief

EI TALKS Liberal Leader Michael Ignatieff has doubts about the Conservative government's commitment to employment-insurance reform — the basis of the deal forged to avoid an election last month and the potential spark for campaign this fall if the two sides don't make a deal. The first meeting of the Liberal-Conservative working group on EI reform was Thursday.

VACCINE A chemical additive that will stretch the supply of the vaccine for influenza A (H1N1), also known as swine flu, is not why Canada is behind other countries on clinical trials, the federal public health agency said yesterday. GlaxoSmithKline Inc. has a contract with the federal government to produce enough vaccine to give every Canadian a shot in the arm in the event of a pandemic.

TORSTAR NEWS SERVICE

Relations start with respect

New AFN National Chief Atleo inherits issues of poverty, land claims

Christine Williams

News **Analysis**

FocusOn **First**Nations

Ending a nine-year leadership, departing Assembly of First Nations head Phil Fontaine instructed his successor to eradicate First Nations poverty as a top priority.

But now that Shawn Atleo has taken over the reins, the hostilities between Aboriginals and mainstream Canada over some 900 outstanding land claims should be an equal priority.

The ostrich syndrome has historically plagued Ottawa when it comes to dealing with native issues. The 42-year old Atleo, who was elected national chief yesterday, believes both the federal and provincial governments "continue to operate from a position of non-recognition," according to his platform communiqué.

The latest confrontation between the Canadian Border Services agency and the Mohawk Council of Akwesasne at the Eastern Ontario border crossing highlights the urgency for government to end the foot dragging. Mohawk warriors burned bonfires around the CBSA compound. They wore intimidating camouflage and had a bulldozer on hand, ready to swarm in and disarm the officers if the CBSA proceeded with the arming of its officers.

It was a travesty for federal border agents to be chased out of office by such lawlessness. The Canadian public is tired of: The invariable spectre of violence in tense standoffs, blockades, cars set ablaze and looming threats, all driven on by rogue Aboriginal activists, not necessarily supported by their own communities.

No one wants violence or another Ipperwash. Governments are our elected representatives, obligated to control civic unrest for the safety of its citizens.

A solution demands that we must start from a position of mutual respect, and Chief Atleo has his work cut out for him as the new leader of the Assembly of First Nations.

As a businessman, and chancellor of Vancouver Island University, he has touted himself as a bridge builder, regional politician and champion of unity.

He has warned that "division is the enemy of our people and the one weapon that can cast a fatal blow."

The majority of AFN chiefs and Aboriginal progressives see education and peaceful demonstrations as the best way to inform mainstream Canada of the plight of First Nation peoples.

Beyond this, both the federal and provincial jurisdictions need to sit down at the negotiating table with Aboriginal leaders. Dragging heels on the issue is objectionable given the heightened frustrations on both sides. The only other option is to await bloodshed.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

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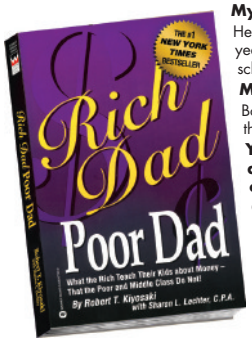

My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

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Girls asked to plow fields naked for rain 7

Farmers in an eastern Indian state have asked their unmarried daughters to plow parched fields naked in a bid to embarrass the weather gods to bring some needed rain. REUTERS

World

Politicos, rabbis arrested

New Jersey probe includes alleged human organ sales

Dozens of New Jersey politicians, officials and prominent rabbis were arrested Thursday in a sweeping federal probe that uncovered political corruption, human organ sales and money laundering from New York to Israel, officials said.

The 10-year investigation, dubbed "Operation Bid Rig," exposed influence-peddling and bribe-taking among a network of public officials and a separate multimillion-dollar money-laundering ring that funnelled funds through charities operated by local rabbis, said the U.S. attorney's office in Newark.

The cast of the 44 arrested featured Hoboken, N.J., Mayor Peter Cammarano, who took office three weeks ago in the industrial city visible across the Hudson River from New York.

> **"The politicians willingly put themselves up for sale."**
> Acting U.S. attorney Ralph Marra

"New Jersey's corruption problem is one of the worst, if not the worst, in the nation," said Ed Kahrer, assistant special agent in charge of the FBI in New Jersey, who has worked on the investigation since it began in July 1999.

"It has become ingrained in New Jersey's political culture," he said, calling corruption "a cancer."

In scenes that could have been lifted from the hit TV series The Sopranos, they met in diners, parking lots, even bathrooms, officials said.

"The politicians willingly put themselves up for sale," said acting U.S. attorney Ralph Marra.

The probe also uncovered Levy Izhak Rosenbaum of Brooklyn, who is accused of conspiring to broker the sale of a human kidney for a transplant. According to the complaint, Rosenbaum said he had been brokering sale of kidneys for 10 years.

"His business was to entice vulnerable people to give up a kidney for $10,000 which he would turn around and sell for $160,000," said Marra. REUTERS

Wendy and Chris **Plus 15**

RICK WILKING/REUTERS

Hannah Jeub, 6, hangs over the seat as her family loads into their 15-passenger van in Monument, Colo. Quiverfull believers Wendy and Chris Jeub have 15 children and would be happy to have more if God wills it, they say.

Obama enters racial debate

U.S. President Barack Obama plunged his presidency into a racial debate and set off a firestorm in one of America's most liberal bastions by siding with a black Harvard scholar who accuses police of racism.

Saying he was unaware of "all the facts" but that police in Cambridge, Mass., "acted stupidly" in their arrest of Henry Louis Gates, Obama whipped up emotions on both sides of the issue. But many in Massachusetts said he crossed a line by passing judgment on police while acknowledging he did not have all the facts.

Online polls in Massachusetts show strong support for the white arresting officer. A police union also has come to his defence.

"He should steer clear of it if he doesn't know all the facts," said Patricia Lynch, a consultant and graduate of Harvard's Kennedy School of Government. REUTERS

The case

- Massachusetts Police say Henry Louis Gates was arrested last Thursday for disorderly conduct, accusing him of being uncooperative, refusing to initially provide identification and "exhibiting loud and tumultuous behaviour" by repeatedly shouting at police in front of people gathered on the street in front of his house.

News in brief

AL-QAIDA One of Osama bin Laden's sons was probably killed by a U.S. missile strike in Pakistan earlier this year, National Public Radio reported, citing U.S. intelligence sources. A U.S. counterterrorism official said Thursday that Sa'ad bin Laden may be dead, "but it's not 100 per cent certain." He described the son of the al-Qaida leader as "a small player with a big name."

COUP Ousted President Manuel Zelaya headed to Honduras Thursday in a new attempt to retake power and overturn a coup that has become Central America's biggest political crisis in two decades.

JAILBREAK Three prisoners escaped from a jail outside the Belgian city of Bruges in a hijacked helicopter on Thursday, authorities said. Media reports said the escapees flew to the town of Aalter, then seized a black Mercedes from its female driver and robbed a service station before heading for the Belgian coast.

FLU Children who have unexplained seizures and flu-like symptoms should be tested for infection with influenza A (H1N1) and treated with flu-fighting drugs, U.S. health officials said on Thursday. They said four children in Dallas who got the virus in May had seizures or changes in mental status caused by brain infections and swelling. Some of the children experienced drowsiness and disorientation. Two of the four had seizures. All have recovered. REUTERS

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Comment

Remembering 'just another junkie'

FourthWave

Sarah Jean de Vries. It's not a name I knew before seeing filmmaker Janis Cole's video installation, Remember Their Names, at a Toronto gallery, but I'd now be hard-pressed to forget it.

Her missing poster, case No. 98-88486, reads like this: Known prostitute and drug user; black, white, Aboriginal, Mexican Native heritage; age 28; last seen at Princess and Hastings streets on April 14, 1998.

She is one of 27 dead women Robert Pickton faces murder charges for; one of 68 women, Indians, junkies and whores, missing from Vancouver's Downtown Eastside.

Not a week into her disappearance, friends and family postered and pushed police to act — not just for Sarah, but for dozens who had disappeared since the 1980s.

That inaction is Cole's constant theme. A screen flashes quotes from police: "We've done as much as we could." "We're in no way saying there is a serial killer ... (or) the women are dead."

The installation loops footage of Sarah shooting up. "There's three ways you can go: Jail; dead; or end up a lifer down here," she says.

FocusOn FirstNations

In a 1999 Seattle Times article, Sereena Abotsway echoed Sarah's despair, saying she feared for her safety. She joined community marches to call for police action as women disappeared. Two years later, she, too, went missing, one of six women Pickton was convicted of killing in 2007.

This is Canada's collective shame, ignoring women like Sarah and Sereena, who felt fear and vulnerability with urgency, who asked for (and gave) help, but received none.

It's a tired cry for a static situation: Why has nothing been done? Since 1969, 18 women have disappeared or been murdered on Highway 16, the Highway of Tears, in northern B.C. Last fall, best friends Maisy Odjick and Shannon Alexander disappeared from the Kitigan Zibi reserve north of Ottawa without even their wallets, but for months police maintained the teens had simply run away.

"No one cares, we are just junkie scum. Yet if we had been somebody important and our daughter had gone missing," Sarah wrote, presciently, before her disappearance, "no stone unturned, no rock or cranny would be left unsearched."

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Views

Compelling numbers from Taser report

UrbanCompass

Judge Thomas Braidwood has issued part one of his report on the death of Polish immigrant Robert Dziekanski, which deals with the weapon that may have killed him, the Taser.

Braidwood's key finding is Tasers can and do kill people, despite ceaseless claims to the contrary by the manufacturer. Twenty-five people in Canada and 300 in the U.S. have died after being Tasered.

His key recommendation is that officers stop using the Taser when a subject is engaging in "active resistance," and use it only when the subject is causing bodily harm or the officer is satisfied, on reasonable grounds, the subject's behaviour will imminently cause bodily harm.

Check out Braidwood's report at braidwood inquiry.ca/report/. It's a compelling — if chilling — read. What stands out for me is the number of times Tasers have been used by police since they were adopted.

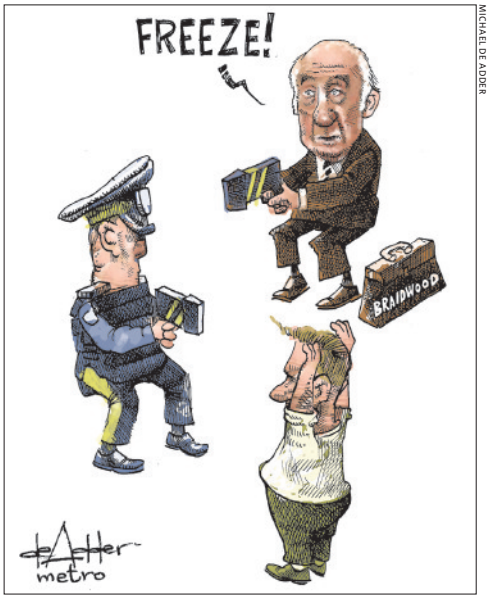
The RCMP, which polices 70 per cent of B.C., has used Tasers 1,446 times. Municipal police: 1,397 times. Sheriff's officers: 127 times. Corrections officers: 149 times. Even the transit police have used Tasers six times, three for felonious fare-skipping.

Worse, Braidwood vigorously maintains the reported numbers are low, and the actual use is probably double that. Considering that Tasers cause excruciating pain, temporary paralysis, and even death, I've got to ask: Why? Why are so many officers quick to cause excruciating pain and temporary paralysis?

The psychology of the Tasering officer is not really addressed in the report, although Braidwood does lay the blame for inconsistent policies and training at the door of the provincial government, and Solicitor General Kash Heed has been quick to adopt the report's recommendations. So going forward, we can only hope fewer people are going to get 50,000 volts for refusing to come quietly.

Still, I'm left with the haunted feeling there's a lot of anger on the Thin Blue Line and the Taser has been its means of expression. I don't know about you, but until we address that anger, I'll just take the ticket and smile … carefully.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

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Caisse de Depot et Placement du Quebec names new official

Caisse de Depot et Placement du Quebec, one of Canada's biggest pension fund managers, said on Thursday it had hired a new chief investment officer. The Caisse, which managed $120.1 billion in assets at the end of last year, said it appointed Roland Lescure to the posts of executive vice-president and chief investment officer. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Recession over: BoC chief

The Bank of Canada declared Canada's recession to be virtually over on Thursday and raced ahead of a cautious central banker pack with a mostly upbeat view on the world economy.

The worst-case scenario of global financial disaster has been "taken off the table," governor Mark Carney said after the central bank released a surprisingly rosy quarterly outlook.

Carney predicted a turnaround in Canada's economy this quarter, an earlier-than-expected recovery from the worst recession since the 1990s.

But he warned of a long, drawn-out healing process with continued job losses. The bank stands ready to take further action to stimulate the economy, especially if a stronger dollar threatens to choke growth, he said.

"We're on track for the recovery, both in Canada and globally ... But it's early days. I mean, it's a long road," Carney told reporters.

Carney said the bank must stick to its conditional pledge to keep its benchmark interest rate at a floor of 0.25 per cent through June 2010 provided inflation does not threaten to flare greatly.

The Bank of Canada has been reluctant to resort to unconventional policies, like printing money. But Carney said it was too soon to rule that out, and he would not be afraid to use those unorthodox tools if the Canadian dollar appreciates sharply. REUTERS

Other banks less optimistic

- U.S. Federal Reserve chairman Ben Bernanke expressed worries on Tuesday that high unemployment could undercut the U.S. recovery.
- The Bank of England may decide next month to pause its asset purchase program if it feels it has done enough to support the economy.

McDonald's shares slide after modest rise in sales

FOOD McDonald's Corp. reported lower-than-expected June same-store sales Thursday and its shares fell 4.9 per cent after the top-performing restaurant chain only matched Wall Street's profit view.

"The problem is that good isn't good enough for these guys," said RBC Capital Markets analyst Larry Miller, who said as shares approach $60 US, the company needs to show growth catalysts to lift its stock.

As part of its second-quarter results, McDonald's reported June sales at established restaurants rose 1.8 per cent in the U.S., 4.7 per cent in Europe and 0.3 per cent in the region that includes Asia and the Pacific, the Middle East and Africa.

That was a 2.6 per cent rise for established restaurants across all regions in June when analysts were expecting a 4.8 per cent rise, according to RBC Capital Markets.

McDonald's — one of the few large restaurant chains still reporting same-store gains — said it is confident in its outlook for the year and it expects July sales in stores open at least 13 months to be similar to, or better, than June's. REUTERS

Business in brief

ENERGY EnCana Corp., Canada's biggest energy company, said Thursday its second-quarter profit fell 80 per cent as oil and gas prices sank, but operating results beat expectations on a strong showing from its oilsands division. EnCana shares jumped $1.28, or two per cent, to $58.93. They are up about 3.5 per cent so far this year.

AUTO Ford Motor Co. posted a $2.3 billion US quarterly net profit, mainly due to gains from a $10 billion US debt reduction plan, and said it was on track to at least break even in 2011, sending its shares up as much as 9.7 per cent. Ford's operating loss narrowed from a year ago and was better than analysts had expected, despite poor global markets. REUTERS

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LeBron struggled with fame, smoked pot: Book

LeBron James struggled with sudden fame after appearing on Sports Illustrated's cover as a 17-year-old and admits he smoked marijuana during his junior year in high school. Those are two of the revelations in Shooting Stars, a book chronicling James' rise from Ohio hoops prodigy to NBA superstar. METRO NEWS SERVICES

Sports

Buehrle achieves perfection

Mark Buehrle, left, pitched the first perfect game in the major leagues in five years, leading the Chicago White Sox over the Tampa Bay Rays 5-0 on Thursday. Buehrle (11-3) got a great catch from centre fielder DeWayne Wise leading off the ninth inning to save the bid when he robbed Gabe Kapler of a home run. U.S. President Barack Obama, a White Sox fan, later called Buehrle to congratulate him. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Lions have momentum

CFL PREVIEW

B.C. vs. Calgary

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The Lions are riding high, coming off their first win of the season, a 40-22 drubbing of the Edmonton Eskimos. They'll look to use that momentum, plus the positive energy from the Lion faithful at B.C. Place to reach 2-2 on the season.

QB CONTROVERSY: Despite having a stellar game against Edmonton last week, Lions QB Jarious Jackson finds himself back on the bench. Incumbent Buck Pierce will be back taking the snaps after fully recovering from an injury he suffered in the first quarter last week.

DEFENCE WINS: The Stampeders offence erupted for 44 points last week against Toronto. The Lions defence will have to be on top of their game and try to confuse Calgary QB Henry Burris the same way they did Ricky Ray of the Eskimos last week.

DANIEL HENDRIKSON /FOR METRO VANCOUVER

Sports in brief

STATEMENT Pittsburgh Steelers quarterback Ben Roethlisberger made his first public comments after being accused of sexual assault in Nevada and vehemently denied the allegations. A civil lawsuit was filed last week in Nevada, but no criminal charges have been filed. "I did not sexually assault (the woman)," said Roethlisberger, who read from a statement.

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Despatie digs deep

FieldofPlay

Scott Russell

metronews.ca/fieldofplay

"I got a bronze medal, so I guess I can't be mad about that."
Alex Despatie

Alex Despatie hates to lose and you have to love that. At the world aquatics championships in Rome, Italy, Thursday, Despatie won a bronze medal on the three-metre springboard behind divers from China and the United States, his second medal of the championships, but there was no celebration — no claim that he's over the moon with the result.

"There wasn't anything really spectacular today," Despatie deadpanned in the aftermath. "There certainly wasn't from me, anyways."

Indeed, the most decorated diver in this country's history was very good, but not up to his often spectacular standards. With one dive left to deliver and ranking second he had a world championship within his grasp, but came up short. He was forced to settle for third and the eighth medal of his illustrious world championship career to go along with two Olympic silver medals.

"I guess I'm on the podium," he shrugged.

It's been a difficult couple of years for Despatie. He fought back from a broken bone in his foot to win a dramatic silver in Beijing last summer. This competitive year has been a near washout because of an aching back. Still, he sets his jaw and loves to compete in pressure-filled situations and that's been his trademark since winning a Commonwealth Games title in 1998 in Malaysia as a tiny 13-year-old.

"He's the most prolific diver ever in Canada, bar none," said Penny Joyce, the head of Diving Canada.

At 24, Despatie has been at or near the top of his game for more than a decade and suddenly he's the senior diver on the team. He's led the way for a long time and he's bound to keep paving the way in the future. This time he was forced to settle.

"I got a bronze medal, so I guess I can't be mad about that," Despatie shrugged.

But he clearly was angry, and that's probably a good sign.

Alex Despatie will likely resurface as the monarch of the diving world someday soon.

Scott Russell is the Host of CBC Sports Weekend seen Saturday afternoons. He has covered professional and amateur sports including nine Olympic games and numerous world championships.

American Na leads Open field

GOLF American Kevin Na birdied his final five holes to grab the clubhouse lead in the first round of the rain-hit Canadian Open on Thursday.

Na, chasing his first career PGA Tour win, provided a blistering finish to a soggy day with birdies on nine of his final 12 holes, the last in fading light, on the way to a bogey-free, nine-under 63.

Americans Joe Durant, Scott Verplank and South African Retief Goosen were lurking two shots back. Mike Weir started strong but stumbled home with three bogeys to settle for a one-under 71, eight off the pace. REUTERS

Tour de France Contador builds lead

CHARLES PLATIAU/REUTERS

Alberto Contador cycles by the shore of Annecy Lake during the individual time trial at Tour de France on Thursday. Contador took a giant step towards his second Tour de France victory when he humbled the time trial specialists over 40.5 kilometres to take the stage. The Spaniard now leads his nearest rival for final victory, Luxembourg's Andy Schleck, by four minutes and 11 seconds, a comfortable gap three days before the finish in Paris. Lance Armstrong climbed to third.

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1517 56th St.

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Walnut Grove Town Centre
Willowbrook Shopping Centre
3 - 19638 Fraser Hwy.
103 - 19700 Langley Bypass
C104 - 20159 88th Ave.
19971 96th Ave.
C7 - 20202 66th Ave.

Maple Ridge
22661 Lougheed Hwy.

Mission
100 - 32670 Lougheed Hwy.
318 - 32555 London Ave.

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Royal City Centre

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Capilano Mall
127 - 1199 Lynn Valley Rd.
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Port Moody
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Richmond
Aberdeen Centre
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
115 - 12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Guildford Town Centre
201 - 13734 104th Ave.
135 - 12477 88th Ave.
30 - 16041 24th Ave.
1675 128th St.
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403 - 15940 Fraser Hwy.
10310A 152nd St.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
10 - 3189 King George Hwy.

OKANAGAN/NORTHERN BC

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Northills Centre (Kamloops)
C - 1815 Rogers Place (Kamloops)
Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

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re online metronews.ca metro

Visit metronews.ca/movies to get showtimes, watch trailers and read reviews.

Movies&Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Movies

Summer love

Pg 14

In keeping (500) Days of Summer afloat, the primary credit goes to the lead actors. As the titular Summer, Zooey Deschanel does great work playing the idealized indie girlfriend — but don't say "quirky," it doesn't quite do her justice.

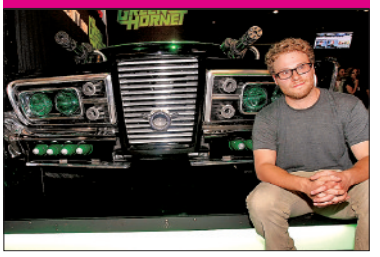
Movies Pg 14

Orphan's star will spook you silly — yes, she's that good.

Music Pg 19

Our Lady Peace rebounds, this time as an indie band.

Entertainment Pg 20



Comic Con reveals new goodies at "Nerd Prom."

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The Ugly Truth ⊕⊕½, G-Force ⊕⊕, Orphan ⊕⊕⊕, Humpday ⊕⊕⊕⊕, Rocksteady ⊕⊕⊕, Soul Power ⊕⊕⊕, (500) Days of Summer ⊕⊕⊕⊕, The Beaches Of Agnes ⊕⊕⊕½

Movies

⊕⊕⊕⊕⊕ A CLASSIC; ⊕⊕⊕⊕ EXCELLENT; ⊕⊕⊕ GOOD; ⊕⊕ FAIR; ⊕ POOR

Joseph Gordon-Levitt and Zooey Deschanel bring indie charm to (500) Days of Summer.

Duo light up Summer

(500) Days of Summer
Director: Marc Webb
Stars: Joseph Gordon-Levitt, Zooey Deschanel
Classification: STC
Rating: ⊕⊕⊕⊕

NED EHRBAR
Metro World News

It seems preposterous that the only thing a relationship movie has to do to seem original and inventive is tell the story from the guy's perspective, but that's Hollywood. The audience gets the guy's perspective and more in (500) Days of Summer, thanks to a non-linear storytelling structure that recounts a love affair far more effectively than a chronological retelling ever could.

The only real cringe factor is the pun of the title, but that's forgivable.

First-time director Marc Webb pulls out as many stops as he can think of, tossing in homages to classic films, a precocious youngster dispensing relationship advice, animation and one inspired musical sequence sure to make Hall and Oates popular with a whole new generation of fans. But what's most impressive is that with all vintage sneakers and ironic detachment set to a Smiths-heavy soundtrack, the movie doesn't fall off into a twee abyss.

For that, primary credit goes to the lead actors. As the titular Summer, Zooey Deschanel does great work playing the idealized indie girlfriend — "quirky" seems too dismissive.

But the real star here is Joseph Gordon-Levitt, who has been quietly building an impressive dramatic resume in films like Brick and Mysterious Skin since leaving his teenage sitcom days behind.

Here, he comes into his own as a full-fledged leading man, making even self-indulgent moping seem compelling.

As Tom, a would-be architect working as a greeting card writer, he has the wry, everyman charm and sad eyes of a young John Cusack, but with a sense of urgency and determination that keeps things electrified.

We're with him every out-of-order step of the way.

On the web

- For movie trailers, photos and screen times — or to buy tickets — visit metronews.ca/movies.

Child actor fiery presence in Orphan

Orphan
Director: Jaume Collett-Serra
Stars: Vera Farmiga, Peter Sarsgaard
Classification: STC
Rating: ⊕⊕⊕

NED EHRBAR
Metro World News

REVIEW The latest addition to the canon of creepy kid characters is a doozy: Esther, the titular ward of Orphan, is poised, polite, preternaturally talented and dresses like an American Girl doll. And then there's that creepy stare, which sends chills down the spine when it transforms into a glare.

Do not cross Esther. Isabelle Fuhrman, who plays Esther, is terrifyingly good. In fact, she's the best thing about Orphan by far.

Not to give anything away, but the movie doesn't really come alive until Esther starts glaring and people start ending up in the hospital. Until then, it's a long, long bout of set-up and false starts. Vera Farmiga plays a guilt-ridden Connecticut mother of two whose drinking caused the death of her unborn third child. Haunted by nightmares and just generally mopey, she assures her husband (Peter Sarsgaard) that she's ready to try again, this time looking to bring a child into their home via adoption.

Surrounding the complex portrait of a yuppie marriage disintegrating, there's still a scary movie to get to. Unfortunately, the filmmakers rely on cheap scares and misdirection to get there. But most complaints are easily forgotten when Fuhrman is onscreen. Seriously, she's that good.

- For Orphan images, a trailer, screen times, or to buy tickets, visit metronews.ca/movies.

Isabelle Fuhrman, right, plays the titular role in Orphan.

G-Force usual kids' fare

G-Force
Director: Hoyt Yeatman
Stars: Sam Rockwell, Tracy Morgan, Penelope Cruz
Classification: PG
Rating: ⊕⊕

DOROTHY ROBINSON
Metro World News

REVIEW If the thought "You know what I could really use to entertain me? A Jerry Bruckheimer flick about guinea pigs who are secretly government spies," has never crossed your mind, then you could probably skip G-Force.

But in all honesty, you could do worse than the Disney kiddie flick, based on the simple fact that the 3-D graphics are so cool. After seeing it, you can die happy knowing that you ducked at a fake rodent who wears an electronic ear gadget that makes him resemble a furry Old Navy employee.

Like, when did you ever, ever think that would happen? Sadly, the savvy human cast of the film — Zach Galifianakis, Will Arnett, Bill Nighy — probably never thought they would be attempting to act in such a film.

And although the movie isn't too tragically embarrassing, you have to wonder if they're just slightly jealous of Sam Rockwell, Penélope Cruz, Nicolas Cage and Tracy Morgan, who were lucky enough to hide their faces behind their animated rodents.

- For G-Force photos, a trailer, and screen times, or to buy tickets , visit metronews.ca/movies.

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Bruce Lee trilogy in works

Bruce Lee's family will produce a trilogy about his life. The late martial arts actor will have his life turned into a three-part blockbuster series by loved-ones who want to pay tribute to the star. FEMALEFIRST.CO.UK

Movies

●●●●● A CLASSIC; ●●●●○ EXCELLENT; ●●●○○ GOOD; ●●○○○ FAIR; ●○○○○ POOR

Humpday hits mark

Humpday

Director: Lynn Shelton
Stars: Mark Duplass, Joshua Leonard
Classification: STC
Rating: ●●●●○

STEVE GOW
for Metro Canada

REVIEW Have you ever made a pact with someone you instantly regretted? Did you ever feel innately obligated to carry through on that contract at whatever cost? If so, you probably still have nothing on the characters in Humpday.

When a bearded bohemian (Joshua Leonard) suddenly pops back into the settled life of his now-married college pal (Mark Duplass), the pair find themselves at an impromptu party where the topic turns to Humpfest, an amateur porn festival (which actually exists!).

Inebriated and not thinking clearly, the duo agrees to participate in the ultimate art film — two straight dudes having sex. It's not gay, we're told, it's "beyond gay."

In a traditional comedy, this is where the movie would begin to overstate the protagonists' heterosexuality to coerce all sorts of situational gags, Three's Company-style. However, filmmaker Lynn Shelton is luckily more concerned with exploring the inner battles of insecurity, identity and the insanity of the male ego.

As the film builds toward the uncertainty of the climax, Shelton expertly captures both characters' struggle with self-conceptions and their own male stubbornness to not be The One That Backed Out.

As one character says on the eve of the act, if they were gay, "Tomorrow would be more fun.

Heavily improvised, the performances are convincing, powerful and provide this comedy the gravitas and subtle charm it needs to hurdle over its own high-concept.

As Ugly as they come

The Ugly Truth

Director: Robert Luketic
Stars: Katherine Heigl, Gerard Butler
Classification: STC
Rating: ●●½

CHRIS ALEXANDER
for Metro Canada

If you're going to call your film The Ugly Truth then you better be sure it's a masterpiece because if it's not, every film critic who lays eyes upon it will simply stand back and let the title review itself.

And make no mistake, the skinny on this pedestrian rom-com migraine-maker ain't terribly pretty.

Grey's Anatomy sexpot Katherine Heigl stars as Abby, a TV morning show producer who gets her feathers ruffled by Mike, played by Gerard Butler, a knuckle dragging hunk who has been hired on as an on-air love advice columnist.

Gerard Butler and Katherine Heigl star in The Ugly Truth.

Mike's claim to fame is that he swears to tell "the ugly truth" about male/female relations; lurid from the hip wisdom with little care placed on who he might offend. But although Abby generally loathes her popular star's sexist ramblings, she decides to take a page out of Cyrano De Bergerac and use him to help her get with her neighbour.

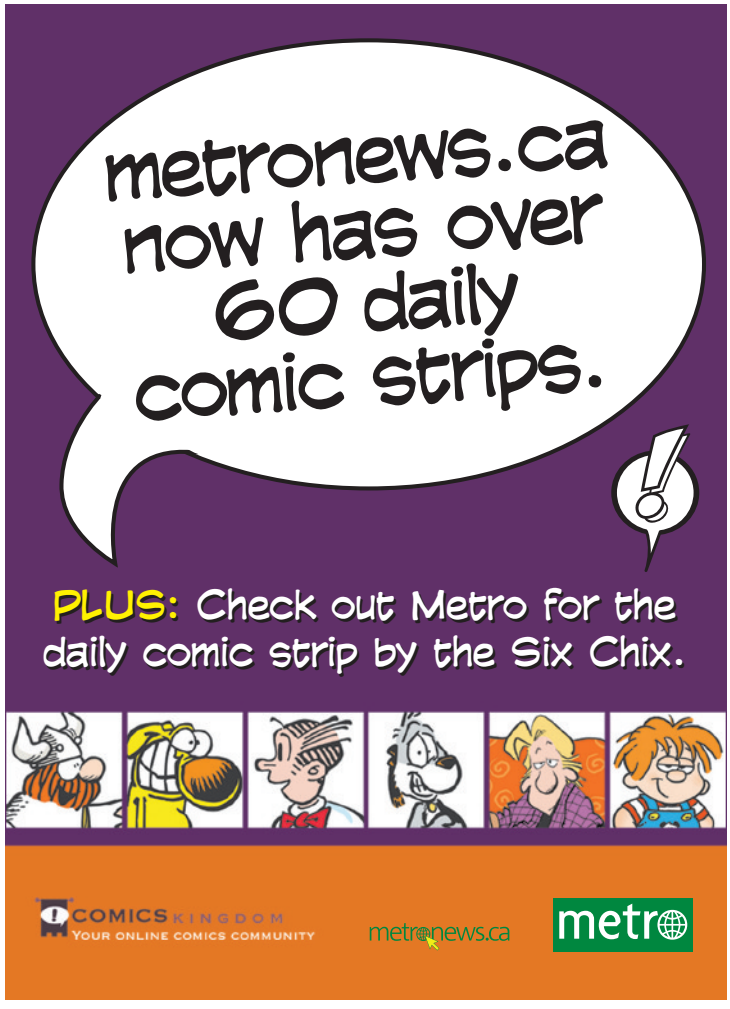
This being the sort of movie it is, guess who she really ends up with...

From tender roles in stuff like the underrated Dear Frankie, to the macho action hero antics of 300, to pseudo-hip fluff like Rockn-Rolla, Butler is a seriously strong screen presence and here he proves that he also has a great sense of comic timing.

Watching him spew out cheerfully rude vulgarites, smirking and smoldering is amusing and hints at the go for the throat picture screenwriters Nicole Eastman and Karen McCullah were trying for. The character (and the actor) belongs in a better film.

Director Robert Luketic (Monster In-Law) never finds the right tone to make any of the faux-screwball shenanigans anything more than an exercise in forced, fast talking (and filthy) foolishness. Even Heigl, so endearing in equally smut-lite comedies like Knocked Up can't save it and genuine laughs are few and far between (though an over the top scene featuring Heigl and a pair of electric panties is pretty funny… again, if only it were in a better, braver film).

Raunchy but safe and predictable, The Ugly Truth just ends up being unlikable. And Ugly. That's the truth.



Twilight fashion online

As photos from New Moon get Twilight fans' pulses racing, there is a stylish new way to show your anticipation for the upcoming film. The exclusive Nordstrom collection of Twilight-inspired fashion will be available at nordstrom.com in October. **PEOPLE.COM**

Movies

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Solid intro to music genre

Rocksteady: **The Roots of Reggae**

Director: Stacha Bader
Classification: STC
Rating: ●●●

ADAM NAYMAN
for Metro Canada

Those who think that the history of Jamaican music begins (and ends) with Bob Marley would do well to check out Rocksteady: Stascha Bader's documentary frames its titular song-style as the bridge between more widely recognized movements like ska and reggae.

Rocksteady sounds very much like its name suggests — a sturdy, easy beat tailor-made for swaying — but it came out of a tumultuous period in Jamaican history.

Through a combination of interviews and archival footage, Bader illustrates how the island nation's official independence from Britain in the early 1960s and the subsequent rise of Rastafarianism gave rise to a new rhythmic form.

Many musicians participate in the documentary Rocksteady: The Roots of Reggae.

It also reunites a number of the genre's original practitioners and gives them a chance to strut their stuff.

Bader could not have made the film without the participation of several dozen singers legends gathered for a concert in Kingston; in addition to offering their reflections on the past, these performers show that they're still very potent in the present.

The songs are in some cases more familiar than the performers, but it's doubtful that anyone will be thinking of Boney M when they hear Rivers of Babylon as interpreted by the venerable Hopeton Lewis (Marcia Griffith's rendition of The Tide is High wrestles Blondie to a draw).

Rocksteady does meander at times (as in a compelling but superfluous sequence featuring Bob Marley's wife, Rita), but it serves as a valuable introduction to a valuable musical genre.

Soul Power catches live magic

Soul **Power**

Director: Jeffrey Ley-Hinte
Stars: James Brown, B.B. King
Classification: STC
Rating: ●●●

PHIL BROWN
for Metro Canada

REVIEW Don King's epic Rumble In The Jungle boxing match in Africa between Muhammad Ali and George Foreman has become the stuff of legend. Vividly documented in the excellent film When We Were Kings, the fight is viewed as the pinnacle of Muhammad Ali's career and the multicultural spectacle is inarguably the highpoint of Don King's controversial life.

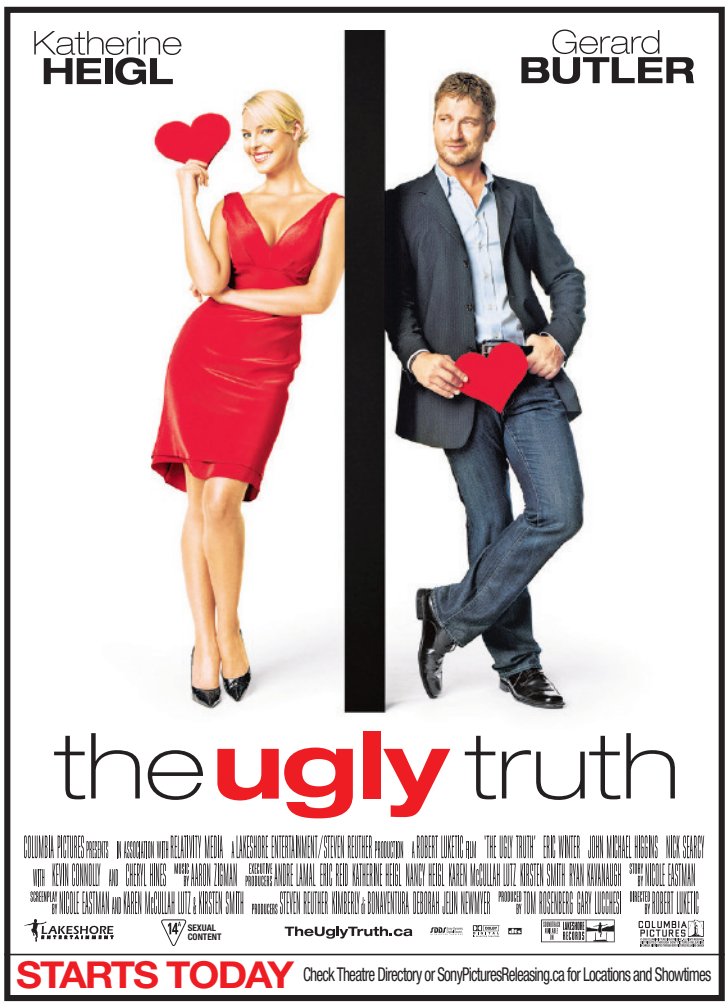
In addition to the boxing match, King also organized a massive three-day concert that brought the finest African American musicians of the time to Africa. The concert has always been overshadowed by the fight, but Soul Power rescues the event from unjustified obscurity, editing together hundreds of hours of footage into one soul-filled cinematic spectacle.

The movie is directed by Jeffrey Ley-Hinte, who presumably stumbled on the concert footage while he was working as an editor on When We Were Kings. Cameras covered all aspects of the festival, from the complicated planning, to the joyous flight the musicians made to Africa, to the concert itself.

The musical performances by the likes of James Brown, B.B. King, Bill Withers, Miram Makeba, and Celia Cruz are as impressive as you'd imagine, with all the musicians working at the peak of their powers.

However, the most interesting aspect of the documentary is how optimistic the performers are about the advancement of African-American culture. Only Muhammad Ali voices any sort of anger about race relations (and justifiably so).

The movie catches all of these major talents during a great moment of hope and their joy is infectious.



Agnes an intimate portrait of legend

The Beaches of **Agnes**

Director: Agnes Varda
Stars: Agnes Varda
Classification: STC
Rating: ●●●½

PHIL BROWN
for Metro Canada

A scene from The Beaches of Agnes.

REVIEW This latest film from French New Wave legend Agnes Varda (Cleo From 5 to 7) is an experimental autobiographical documentary.

In theory it should be self-indulgence of the highest order, but somehow the movie is a very intimate, revealing, and entertaining affair that stands as one of the director's finest works.

It's a truly odd film, classified as a documentary purely because it doesn't feature a scripted story or actors. The entire project is staged and stylized, but what else could be expected from a filmmaker known for as much formal experimentation as Varda?

The movie opens with Varda filling a beach with mirrors to stage a variety of reflections of herself. Immediately the director's intent is clear: The movie is a revealing self-portrait, but one that is every bit as constructed as the director's "fictional" work.

What follows is a tapestry of staged scenes, old photographs, footage from the filmmaker's work, interviews, and the occasional candid moment.

The movie feels like a self-conscious swansong with the director revealing every detail about her life and combining every filmmaking technique she's learned for one final project. It shouldn't work, but does as a result of Varda's admirable honesty and talent.

At 80, Varda is clearly in a reflective mode and uses the film to show her audience that her greatest story was in fact her own. Corny, but true.

Raimi aboard Warcraft
Sam Raimi has signed on to direct Warcraft, a film version of the long-running game series, including insanely popular massively-multiplayer-online-role-playing-game World of Warcraft. EMPIREONLINE.COM

Reel Time

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

The rat pack: Famous and furry

Popular culture has frequently paid homage to the lowly rodent. Remember Muskrat Love, Captain & Tennille's ode to arvicoline amour?

"Rubbin' her toes," they sang, "Muzzle to muzzle, anything goes." The rodentia rock roundup doesn't stop there, though.

The Chipmunks had a chart topper with Witch Doctor, Frank Zappa named not one but two albums — Weasels Ripped My Flesh and Hot Rats — after little furry creatures and even Michael Jackson rode to the top of the charts on a rat's back with the tune Ben, possibly the only love song to a rat ever released.

Ben, of course, was the theme song to the 1972 movie of the same name. It was the sequel to Willard, the original "revolución de las ratas" flick and was the singer's first No. 1 hit as a solo artist.

Rodents certainly have left their mark on the pop charts and in movie theatres. This weekend G-Force hopes to do for guinea pigs what March of the Penguins did for tuxedo clad furry birds.

G-Force is just the latest in a long line of movies with rodents in featured roles. Who could forget Mr. Gopher, the burrowing terror from Caddyshack? (Did you know the movie's gopher "voice" is made up of the same dolphin sound effects used on Flipper?)

Or Rizzo the Rat, the streetwise New Jersey puppet from The Muppets Take Manhattan and possibly the only kid's character named for Enrico (Ratso) Rizzo, a character in the X-rated Midnight Cowboy.

Michael Jackson topped the charts with Ben, possibly the only love song to a rat ever released.

Those fuzzy actors, along with Despereaux Tilling, Fievel Mousekewitz and the gang from Once Upon a Forest have sold loads of tickets, but likely none would have made much of an impression if not for the pioneering work of the world's most famous rodent, Mickey Mouse. Created in 1928 by Walt Disney and Ub Iwerks Mickey is one of the most recognizable movie stars in the world.

He's an Oscar winner with 175 movies, shorts and videogames on his CV; was the first cartoon character to have a star on the Hollywood Walk of Fame; has been named checked in everything from The Godfather Part 2 to South Park and even had a fatwa issued against him.

Mickey's fame endures, but why? "We felt that the public, and especially the children, like animals that are cute and little," said Walt Disney. "When people laugh at Mickey Mouse, it's because he's so human; and that is the secret of his popularity."

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrchaos33@hotmail.com.

THE BREAKOUT HIT OF (SUNDANCE) 2009
"★★★★"
Roger Ebert, CHICAGO SUN-TIMES
"GRADE: A."
Owen Gleiberman, ENTERTAINMENT WEEKLY
(500) DAYS OF SUMMER
Joseph Gordon-Levitt
Zooey Deschanel
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Screen Times

This week's new releases are highlighted in pink.

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VANCOUVER

OMNIMAX THEATRE SCIENCE WORLD
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Adrenaline (STC) Fri-Thu 12-2-4
Adrenaline Rush: The Science of Risk (STC) Fri-Sat
Beavers (STC) Fri-Thu 11-5
Roving Mars (G) Fri-Thu 3 Fri 7:30
Van Gogh: Brush With Genius (STC) Sat 7:30

CN IMAX THEATRE
201-999 Canada Place, 604-682-4629

Alaska: Spirit of the Wild (G) Fri-Thu 6
Grand Canyon Adventure: River at Risk in 3D (G) Fri-Thu 12-2-4-8
Star Trek: The IMAX Experience (PG) Fri-Thu 9
Under the Sea 3D (G) Fri-Thu 1-3-5-7

DUNBAR THEATRE
4555 Dunbar Street, 604-222-2991

Harry Potter and the Half-Blood Prince (PG) Fri 3:15-7:10-10:15 Sat-Sun 12-3:15-7-10:15 Mon-Thu 7:10:15

FIFTH AVENUE CINEMAS
2110 Burrard Street, 604-734-7469

(500) Days of Summer (PG) Fri-Sun 1-1:40-3:15-4:20-5:20-6:40-7:25-8:50-9:35-11 Mon 1-1:40-3:15-4:20-5:20-6:40-7:25-8:50-9:35-11 Tue 1-1:40-3:15-4:20-5:20-6:40-7:25-8:50-9:35-11 Wed 1-1:40-3:15-4:20-5:20-7:25-8:50-9:35-11 Thu 1-1:40-3:15-4:20-5:20-6:40-7:25-8:50-9:35-11
Brüno (18A) Fri-Sat 1-30-3-30-5-30-7-30-9-40-11-30 Sun-Thu 1-30-3-30-5-30-7-30-9-40
Food, Inc. (G) Fri-Thu 1-10-3-10-5-15-7-20-9-30
Harry Potter and the Half-Blood Prince (PG) Fri-Thu 12:50-3:50-6:50-10
Iron Road (PG) Wed 7

GRANVILLE
855 Granville St., 604-684-4000

Angels & Demons (14A) Fri-Thu 12:55-3:50-6:45-9:40
My Sister's Keeper (PG) Fri-Thu 1:25-4:20-7-9:30
Opus Arte: Last Night of the Proms (STC) Sat-Sun 11
Rocksteady: The Roots of Reggae (G) Fri-Thu 1:20-4:15-7:05-9:20
Star Trek (PG) Fri-Thu 1:15-4:05-6:50-9:45
Summer Hours (PG) Fri-Thu 1:10-3:55-7:10-9:35
Valentino: The Last Emperor (G) Fri-Thu 1-4-6:55-9:15
Whatever Works (PG) Fri 1:05-4:10-7:15-9:25 Sat 4:10-7:15-9:25 Sun 9:25 Mon-Thu 1:05-4:10-7:15-9:25
WWE Night of Champions (STC) Sun 5

HOLLYWOOD THEATRE
3123 W. Broadway, 604-738-3211
hollywoodtheatre.ca

The Pool (PG) Fri 7:30 Sat-Sun 1:30-7:30 Mon-Thu 7:30
Shall We Kiss? (PG) Fri 9:15 Sat-Sun 3:15-9:15 Mon-Thu 9:15

OAKRIDGE
650 West 41st Ave., 604-263-1944

Harry Potter and the Half-Blood Prince (PG) Dolby Stereo Digital, No Passes Fri-Thu 11:30-3-6:30-9:50
Orphan (14A) DTS Digital, No Passes Fri-Thu 12:30-4-7:15-10:15
The Ugly Truth (14A) DTS Digital Fri-Thu 12-3:30-7:10:30

PACIFIC CINÉMATHÈQUE
1131 Howe Street, 604-688-3456
cinematheque.bc.ca

Revanche (STC) Fri-Mon 7-9:20 Wed-Thu 7-9:20

PARK THEATRE
3440 Cambie Street, 604-876-2747

G-Force in Disney Digital 3D (G) Fri-Thu 1-3-5-7-9

RIDGE THEATRE
3131 Arbutus Street, 604-738-6311

BBC's Last Night of the Proms (STC) A.M. Sat 10
The Girl From Monaco (14A) Fri 4-7-9 Sat-Sun 2-4-7-9 Mon-Thu 4-7-9

RIO ON BROADWAY
1660 E. Broadway, 604-878-Film
riotheatre.ca

Fear and Loathing in Las Vegas (14A) Fri 12
Harry Potter and the Half-Blood Prince (PG) Fri 6:20-9:20 Sat-Sun 3:15-6:20-9:20 Mon-Thu 6:20-9:20
Naked Lunch (STC) Fri

SCOTIABANK THEATRE VANCOUVER
900 Burrard St., 604-630-1407

Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Thu 12:10-2:30-3:40-6:30-7:20-10:10-11 No Passes Fri-Thu 1-4:30-8:15 No Passes Fri-Thu 11:45-3:10-6:50-10:30
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 12:30-2:40-5:7:30-9:50
Metropolitan Opera: Eugene Onegin (STC) Sat 10
Public Enemies (14A) Fri-Thu 12:45-4:10-7:40-10:50
Transformers: Revenge of the Fallen (14A) Fri-Tue 12-12:20-3:20-3:45-6:40-7:10-10-10:40 Wed 12-12:20-3:20-3:45-7:10-10-10:40 Thu 12-12:20-3:20-3:45-6:40-7:10-10-10:40
Up in Disney Digital 3D (G) Fri 1:10-4-7-9:40 Sat 1:30-4-7-9:40 Sun-Thu 1:10-4-7-9:40

TINSELTOWN
International Village, 88 West Pender, 3rd floor, 604-806-0799
cinemark.com

Brüno (18A) Fri-Thu 12:30-1:15-2:40-3:30-5-5:45-7:15-8-9:30-10:15
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 12:15-2:30-4:40-7-9:15
The Hangover (18A) No Passes Fri-Thu 12:25-2:50-5:20-7:50-10:20
Humpday (14A) No Passes Fri-Thu 12-2:20-4:35-7:05-9:25
The Hurt Locker (14A) No Passes Fri-Thu 12:10-1:25-3-4:30-6:05-7:30-9:05-10:25
Moon (PG) Fri-Thu 12:05-2:25-4:45-7:10-9:35
Orphan (14A) No Passes Fri-Thu 2-4:50-7:40-10:30
The Proposal (PG) Fri-Thu 1:45-4:20-7:25-10
The Ugly Truth (14A) No Passes Fri-Thu 12:20-1:30-2:45-4:5:15-6:30-7:45-9-10:10

VANCITY THEATRE
Vancouver International Film Centre
1181 Seymour Street, 604-683-Film
vifc.org

Gypsy Caravan (G) Mon 8:30 Tue 6:30 Wed 8:30 Thu
Maria Bethania: Music Is Perfume (STC) Fri 8:30 Sat 10 Sun 6:30
Throw Down Your Heart (STC) Fri 6:30 Sat 4:45-6:30 Sun 4:45-8:30 Mon 6:30 Tue 8:45 Wed 6:30

VAN EAST CINEMA
2290 Commercial Drive, 604-251-1313
vaneast.com

Brüno (18A) Fri-Thu 9:05
The Hangover (18A) Fri 7 Sat-Sun 4:55-7 Mon-Thu 7

NORTH SHORE

ESPLANADE 6
200 West Esplanade, 604-983-2762

The Hangover (18A) Fri-Thu 12:30-3:20-7:30-9:45
Harry Potter and the Half-Blood Prince (PG) No Passes Fri 11:30-12-1-3-3:30-4:30-6:30-7-8-10-10:15 No Passes Sat-Sun 12-1-3-3:30-4:30-6:30-7-8-10-10:15 No Passes Mon-Thu 11:30-12-1-3-3:30-4:30-6:30-7-8-10-10:15
Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 12:20-4-6:45-9:15
Opus Arte: Last Night of the Proms (STC) Sat-Sun 11
Orphan (14A) Fri-Thu 12:45-3:40-7:15-9:55

PARK & TILFORD
333 Brooksbank Ave., 604-985-3911

Brüno (18A) Fri-Thu 12:20-2:40-5:10-7:10-10
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 12:15-2:30-5-7:15-9:20
The Proposal (PG) Fri-Wed 12:40-3:15-6:45-9:50 Thu 3:15-6:45-9:50 Star & Strollers Screening Thu 1
Public Enemies (14A) Fri-Thu 12-3-6:30-9:30
Transformers: Revenge of the Fallen (14A) Fri-Thu 12:10-3:10-6:35-9:35
The Ugly Truth (14A) No Passes Fri-Thu 12:30-2:50-5:15-7:20-9:40

RICHMOND

RICHMOND CENTRE 6
6551 #3 Road, 604-273-7173

Brüno (18A) Fri 3:45-7:20-9:45 Sat-Sun 12:40-3:45-7:20-9:45 Mon-Thu 3:45-7:20-9:45
G-Force (G) No Passes Fri 4:45-7-9:30 No Passes Sat-Sun 12:20-2:30-4:45-7-9:30 No Passes Mon-Thu 4:45-7-9:30
Harry Potter and the Half-Blood Prince (PG) No Passes Fri 3:30-6:45-10 No Passes Sat-Sun 12:15-3:30-6:45-10 No Passes Mon-Thu 3:30-6:45-10
Ice Age: Dawn of the Dinosaurs (G) Fri 4:55-7:10-9:35 Sat-Sun 12:25-2:40-4:55-7:10-9:35 Mon-Thu 4:55-7:10-9:35
Orphan (14A) No Passes Fri 3:35-7:05-9:55 No Passes Sat-Sun 12:35-3:35-7:05-9:55 No Passes Mon-Thu 3:35-7:05-9:55
The Ugly Truth (14A) No Passes Fri 3:40-7:15-9:40 No Passes Sat-Sun 12:30-3:40-7:15-9:40 No Passes Mon-Thu 3:40-7:15-9:40

SILVERCITY RIVERPORT
14211 Entertainment Way, 604-272-7280

Brüno (18A) Fri-Thu 2:45-7:45-10:45
G-Force (G) No Passes Fri-Thu 1:05-4-7:30-10
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 11:30-2-4:30-7-9:30
The Hangover (18A) Fri-Thu 12:25-3:20-7:50-10:50
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Wed 11:15-12:15-1-2:05-3-3:45-5-6:30-6:55-7:35-9-9:55-10:30-10:55 No Passes Thu 11:15-12:15-2:05-3-3:45-5-6:30-6:55-7:35-9-9:55-10:30-10:55 Star & Strollers Screening, No Passes Thu 1
Harry Potter and the Half-Blood Prince: The IMAX Experience (PG) No Passes Wed-Thu 11:45-3:15-6:45-10:15
The Hurt Locker (14A) Fri-Thu 12-3:25-6:50-10:20
I Love You, Beth Cooper (PG) Fri-Sat 6:45-9:45 Sun 9:45 Mon-Thu 6:45-9:45
Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 12:45-3:50
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:45-2:15-4:40-7:25-10:05
Metropolitan Opera: Eugene Onegin (STC) Sat 10
My Sister's Keeper (PG) Fri 12:10-3:10-6:40-9:40 Sat 3:10-6:40-9:40 Sun-Thu 12:10-3:10-6:40-9:40
Orphan (14A) No Passes Fri-Thu 12:30-3:35-7:10-10:25
The Proposal (PG) Fri-Thu 12:40-4:15-7:15-10:10
Public Enemies (14A) Fri-Thu 12:20-3:40-7:20-10:40
Transformers: Revenge of the Fallen (14A) Fri-Thu 11:40-3:15-7:05-10:35
Transformers: Revenge of the Fallen: The IMAX Experience (14A) Fri-Mon 12-3:30-7:10:25
The Ugly Truth (14A) No Passes Fri-Thu 11:20-1:55-4:35-7:25-10:15
Up (G) Fri-Sat 1:15-4:10-7:25-10:05 Sun 1:15-7:25-10:05 Mon-Thu 1:15-4:10-7:25-10:05
WWE Night of Champions 2009 (STC) Sun 5

BURNABY

DOLPHIN CINEMAS
4555 E. Hastings St., 604-293-0332

G-Force (G) Fri-Thu 1-3-5-7-9
Harry Potter and the Half-Blood Prince (PG) Fri-Thu 1-4-7-9:45

SILVERCITY METROPOLIS
4700 Kingsway Ave., 604-435-7474

Brüno (18A) Fri 12:20-2:30-5-7:25-9:45 Sat 12:40-2:55-5-7:25-9:45 Sun-Mon 12:40-2:55-5-7:20-9:45 Tue-Thu 12:40-2:55-5-7:25-9:45
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 11:55-2:30-5-7:35-10
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Thu 11:30-11:45-12:15-3-3:30-3:45-6:30-7-7:30-10:30-10:45-11
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 12:05-2:30-4:45-7:40-10:15
The Proposal (PG) Fri-Tue 12:30-3:25-6:40-9:40 Wed 12:30-3:25-9:40 Thu 12:30-3:25-6:40-9:40
Transformers: Revenge of the Fallen (14A) Fri-Thu 11:40-3:50-7:10-10:35
The Ugly Truth (14A) No Passes Fri-Thu 12-2:40-5:10-7:45:10:25
Up (G) Fri-Sat 11:45-2:20-6:45-9:30 Sun 11:45-2:20-9:30 Mon-Wed 11:45-2:20-6:45-9:30 Thu 11:45-2:20-9:50
WWE Night of Champions 2009 (STC) Sun 5

STATION SQUARE
220-6200 McKay Ave., 604-434-7711

The Hangover (18A) Fri 4:35-7:20-9:55 Sat-Sun 1:55-4:35-7:20-9:55 Mon-Thu 4:35-7:20-9:55
Ice Age: Dawn of the Dinosaurs (G) Fri 3:35-5:35-7:35-9:35 Sat-Sun 1:35-3:35-5:35-7:35-9:35 Mon-Thu 3:35-5:35-7:35-9:35
My Sister's Keeper (PG) Fri 4:45-7:30-10 Sat-Sun 2-4:45-7:30-10 Mon-Thu 4:45-7:30-10
Orphan (14A) No Passes Fri 4:10-7:10-9:40 No Passes Sat-Sun 1:20-4:10-7:10-9:40 No Passes Mon-Thu 4:10-7:10-9:40
Public Enemies (14A) Fri 4:15-7:05-9:45 Sat-Sun 1:25-4:15-7:05-9:45 Mon-Thu 4:15-7:05-9:45
Star Trek (PG) Fri 4:30-7:15-10 Sat-Sun 1:50-4:30-7:15-10 Mon-Thu 4:30-7:15-10
Transformers: Revenge of the Fallen (14A) Fri 4:05-7-9:50 Sat-Sun 1:15-4:05-7-9:50 Mon-Thu 4:05-7-9:50

NEW WEST/ COQUITLAM

SILVERCITY COQUITLAM
170 Schoolhouse Street, 604-523-2911

Angels & Demons (14A) Fri-Thu 10:25
Brüno (18A) Fri-Thu 12:05-2:45-5:05-8-10:45
G-Force (G) No Passes Fri-Thu 12:15-2:55-5:25-7:50-10:05
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 11:30-2-4:30-7-9:15
The Hangover (18A) Fri-Thu 1:20-4:20-7:05-9:55
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Thu 11:25-11:40-12:10-3-3:15-3:35-6:30-7-7:20-10-10:30-10:45 No Passes Fri-Tue 1:10-4:40-8:10 No Passes Wed 4:40-8:10 No Passes Thu 1:10-4:40-8:10 No Passes Wed 1
The Hurt Locker (14A) Fri-Thu 1:05-4:15-7:20-10:40
I Love You, Beth Cooper (PG) Fri-Thu 10:20
Ice Age: Dawn of the Dinosaurs (G) Fri-Sat 12:15-2:40-5:20-7:45 Sun 12:15-2:40-5:20 Mon-Thu 12:15-2:40-5:20-7:45
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:40-2:10-4:35-7:10-10:05
My Sister's Keeper (PG) Fri-Thu 12:25-3:45-7:05
Orphan (14A) No Passes Fri-Thu 1:15-4:20-7:50-10:40
The Proposal (PG) Fri-Thu 12:30-3:50-7:10-9:50
Public Enemies (14A) Fri-Thu 12:10-3:45-7:20-10:35
Star Trek (PG) Fri-Sat 12:20-4:15-7:25-10:30 Sun 12:20-7:25-10:30 Mon-Thu 12:20-4:15-7:25-10:30
Transformers: Revenge of the Fallen (14A) Fri-Thu 11:35-12:40-3:10-4:05-6:45-7:30-10:10-10:50
The Ugly Truth (14A) No Passes Fri-Thu 12-2:40-5:15-7:40-10:10
Up (G) Fri-Thu 12:45-3:30-6:45-9:45
WWE Night of Champions 2009 (STC) Sun 5

SURREY/WHITE ROCK/LANGLEY

CLOVA
5732-176th St., Surrey, 604-541-9527

Brüno (18A) Fri-Thu 9:45
Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 1:30
Monsters vs. Aliens (G) Fri-Thu 3:25
Transformers: Revenge of the Fallen (14A) Fri-Thu 7

HOLLYWOOD 3 CINEMA
7125-138th Street, Surrey, 604-592-4441

Angels & Demons (14A) Fri-Thu 8:50
Imagine That (G) Fri-Thu 12
My Sister's Keeper (PG) Fri-Thu 2-6:50
Night at the Museum: Battle of the Smithsonian (PG) Fri-Thu 2:15-4:30-6:45
Star Trek (PG) Fri-Thu 4:15-9:05
Terminator Salvation (14A) Fri-Thu 8:55
Up (G) Fri-Thu 12-2:15-4:30-6:45
Year One (PG) Fri-Thu 12

STRAWBERRY HILL GRANDE
12161-72nd Ave, Surrey, 604-501-9400

Brüno (18A) Fri-Thu 12:10-2:30-4:55-7:30-9:45
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 12-2:20-4:45-7:10-9:30
The Hangover (18A) Fri-Thu 12:20-2:40-5:05-7:35
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Tue 11:30-12:05-3-3:30-6:30-7:10-10:25 No Passes Wed 12:05-3:30-6:30-7:10-10:25 No Passes Thu 11:30-12:05-3-3:30-6:30-7:10-10:25 Star & Strollers Screening, No Passes Wed 1
Ice Age: Dawn of the Dinosaurs (G) Fri-Thu 12:45-4-6:45-9:15
Kambakkht Ishq (Hindi w/e.s.t.) (PG) Fri-Sat 12:25-3:40-6:50-9:55 Sun 12:25-9:55 Mon-Thu 12:25-3:40-6:50-9:55
Luck (Hindi w/e.s.t.) (STC) Fri-Thu 12:40-3:50-7:15-10:20
Orphan (14A) No Passes Fri-Thu 12:35-4:05-7:20-10:30
The Proposal (PG) Fri-Thu 12:30-3:55-7:05-9:50
Public Enemies (14A) Fri-Thu 10:05
Transformers: Revenge of the Fallen (14A) Fri-Thu 12:15-3:35-6:55-10:15
The Ugly Truth (14A) No Passes Fri-Thu 12:50-4:10-7:25-10:10
WWE Night of Champions 2009 (STC) Sun 5

STUDIO 12 GUILDFORD
15051-101st Ave, Surrey, 604-581-1176

Brüno (18A) Stadium Seating, Dolby Stereo Digital Fri-Sat 1:30-4-7:30-9:45-11:55 Stadium Seating, Dolby Stereo Digital Sun-Thu 1:30-4-7:30-9:45
Fight Club (18A) Stadium Seating, Dolby Stereo Digital Fri-Thu 12
G-Force in Disney Digital 3D (G) Stadium Seating, Dolby Stereo Digital Fri-Thu 12:05-2:25-4:45-7:25-9:50
The Hangover (18A) Stadium Seating, Dolby Stereo Digital Fri-Thu 1:10-3:40-7:20-10
Harry Potter and the Half-Blood Prince (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sat 12:05-12:30-12:45-3:25-3:50-4:30-6:50-7:10-8-10:15-10:30-11:30 Dolby Stereo Digital, Stadium Seating, No Passes Sun 12:05-12:30-12:45-3:25-3:50-6:50-7:10-10:15-10:30 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 12:05-12:30-12:45-3:25-3:50-4:30-6:50-7:10-8-10:15-10:30
Ice Age: Dawn of the Dinosaurs (G) Stadium Seating, Dolby Stereo Digital Fri-Thu 12:55-3:15
Ice Age: Dawn of the Dinosaurs 3D (G) Stadium Seating, Dolby Stereo Digital Fri-Thu 1:35-3:55-7:05-9:40
Orphan (14A) Stadium Seating, Dolby Stereo Digital, No Passes Fri-Thu 12:50-3:45-7:15-10:20
The Proposal (PG) Stadium Seating, Dolby Stereo Digital Fri-Thu 12:20-3:55-7:35-10:25
Public Enemies (14A) Stadium Seating, Dolby Stereo Digital Fri-Thu 6:40-9:55
Transformers: Revenge of the Fallen (14A) Stadium Seating, Dolby Stereo Digital Fri-Thu 12-3:20-6:45-10:10
The Ugly Truth (14A) Stadium Seating, Dolby Stereo Digital Fri-Sat 1-3:30-7-9:30-12:05 Stadium Seating, Dolby Stereo Digital Sun-Thu 1-3:30-7-9:30
WWE: Night of Champions 2008 (STC) Sun 5

RIALTO
1732-152nd Street, White Rock, 604-541-9527, criteriontheatres.com

The Proposal (PG) Fri 7:10-9:15 Sat-Sun 2:10-7:10-9:15 Mon-Thu 7:10-9:15
The Ugly Truth (14A) Fri 7-9 Sat-Sun 2-7-9 Mon-Thu 7-9

CRITERION 4 WHITE ROCK
2381 King George Hwy., 604-531-7456

G-Force (G) No Passes Fri-Thu 1-3-7:30-9:20
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Thu 1:30-2-6:30-8-9:30
Orphan (14A) No Passes Fri-Thu 2:30-7-9:25

COLOSSUS LANGLEY
20090-91A Ave, Langley, 604-513-8747

Brüno (18A) Fri-Thu 12:55-3:35-7:35-10:10
G-Force (G) No Passes Fri-Thu 1:05-3:40-7-9:30
G-Force in Disney Digital 3D (G) No Passes Fri-Thu 12:05-2:30-4:55-7:30-9:55
The Hangover (18A) Fri-Thu 12:50-4:05-7:10-9:50
Harry Potter and the Half-Blood Prince (PG) No Passes Fri-Tue 11:30-12-12:30-1-3-3:30-4-5-6:30-7-8-9-10-10:30 No Passes Wed 11:30-12-12:30-1-3:30-4-5-6:30-7-8-9-10-10:30 No Passes Thu 11:30-12-12:30-1-3-3:30-4-5-6:30-7-8-9-10-10:30 Star & Strollers Screening, No Passes Wed 3
Harry Potter and the Half-Blood Prince: The IMAX Experience (PG) No Passes Wed-Thu 11:45-3:15-6:45-10:15
The Hurt Locker (14A) Fri-Thu 12:15-3:25-6:45-10:20
I Love You, Beth Cooper (PG) Fri-Thu 9:35
Ice Age: Dawn of the Dinosaurs (G) Fri-Sat 12:45-3:45-6:50 Sun 12:45-3:45 Mon-Thu 12:45-3:45-6:50
Ice Age: Dawn of the Dinosaurs 3D (G) Fri-Thu 11:45-2:15-4:45-7:25-10
My Sister's Keeper (PG) Fri-Sat 11:40-3:05-6:35-9:40 Sun 11:40-6:35-9:40 Mon-Thu 11:40-3:05-6:35-9:40
Orphan (14A) No Passes Fri-Thu 11:55-3:20-7:05-10:15
The Proposal (PG) Fri-Thu 12:35-3:50-6:55-9:45
Public Enemies (14A) Fri-Thu 12:20-3:55-7:20-10:30
Star Trek (PG) Fri-Thu 10:25
Transformers: Revenge of the Fallen (14A) Fri-Thu 11:30-3-6:30-9:45
Transformers: Revenge of the Fallen: The IMAX Experience (14A) Fri-Tue 12-3:30-7:10:15
The Ugly Truth (14A) No Passes Fri-Thu 11:35-2-4:30-7:15-10:05
Up (G) Fri-Thu 12:40-3:50-6:45
WWE Night of Champions 2009 (STC) Sun 5

TWILIGHT DRIVE-IN
260th Street & Fraser Highway, Langley, 604-856-5063

The Hangover (18A) Fri-Thu 12:20
Harry Potter and the Half-Blood Prince (PG) Fri-Thu 9:30

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— Mosé Persico, CTV MONTREAL

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Amazon.ca's top albums
1. Essential Michael Jackson (2CD); **2.** Thriller (25th Anniversary Edition), Michael Jackson; **3.** Off The Wall, Michael Jackson; **4.** Bad, Michael Jackson; **5.** Number Ones, Michael Jackson. METRO NEWS SERVICES

Music

Our Lady Peace Burn, Burn

BRYAN BORZYKOWSKI
for Metro Canada

"It took us six other records to figure out how we truly wanted to make records." That might sound strange coming from Raine Maida, the singer of Our Lady Peace, one of Canada's most successful rock acts. The band has made plenty of massively popular discs before, so why now does he feel like he's finally figured things out?

"We did it on our own," he says on the phone from Los Angeles. "It's back to the way this band begun. It was just the four of us trusting our instincts."

Maida's referring to the fact that he and his cohorts — bassist Duncan Coutts, drummer Jeremy Taggart and guitarist Steve Mazur — are now an indie band, after departing Sony Music in the last couple years. They produced their new album, Burn Burn, on their own, mostly in Maida's L.A. studio, and they're self-releasing their disc. (Though major labels are distributing the album.)

Going the do-it-yourself route was a must for the band — if they didn't break free from their label they would have likely broken up.

"If we didn't do something like this, after what happened on the last record, I don't know if there would have been another record," says Maida.

Burn, Burn, the new album from Our Lady Peace, was released this week.

The Toronto-raised singer explains that the previous disc, Healthy in Paranoid Times, took three years to make after the label kept pushing the band to produce singles. The music industry was falling apart, so unlike previous records, where Maida says the band was pretty much free to do what they wanted, this time around Sony wanted to make sure they had a big hit on its hands.

"We've never gone into the studio trying to write a hit," he says. "But all of the sudden it was like we need an actual hit. We're always striving to make great records, but it got so convoluted with all that other music business BS."

"We wanted a record we could play live." Raine Maida

Getting back to basics really has helped the band. Maida sounds rejuvenated, and the record is definitely an improvement over Healthy in Paranoid Times. While the band is still churning out epic rock 'n' roll, the record is looser, paired back and more relaxed.

"We wanted a record we could play live," says Maida. "You can abuse the studio very easily by getting caught up with the all the tech. You can fix something, add this in — we said from the beginning if it sounds good in a live room then that's going to make the record. We didn't want a bunch of overdubs."

Armed with the new disc and newfound perspective on the music business, Maida sounds certain that Our Lady Peace's brush with a breakup is in the past. Now he's ready to hit the road.

"We feel it's really time to get back to that real connection with fans where it's very visceral," he says. "We're in amazing place right now. In fact, I can't think of a better position to be in."

in concert

- Our Lady Peace plays The Virgin Festival in Burnaby this Saturday.

Metro recommends

- **Horehound, The Dead Weather:** Jack White's latest supergroup delivers dark and dizzying alt-rock filled with gritty grooves and sinister blues.

- **Live in Austin 2008, Drive-By Truckers:** This stellar mix twangy ballads and raucous classics was recorded live at Austin City Limits. METRO NEWS SERVICES

TOP 10 RINGTONES
1 I Gotta Feeling Black Eyed Peas
2 I Know You Want Me Pitbull
3 Fire Burning Sean Kingston
4 Boom Boom Pow Black Eyed Peas
5 Birthday Sex Jeremih
6 Thriller Michael Jackson
7 Day 'N' Nite Kid Cudi
8 One Time Justin Bieber
9 Knock You Down Keri Hilson
10 Papazazzi
Text Music to 555
To download the hottest tracks, ringtones and more.
ROGERS

Programs for the true music geek

SoundCheck
Alan Cross
metronews.ca/soundcheck

This is one of those clip 'n' save sort of columns where you'll want to discreetly tear out this page because you will want to try out these programs.

Lyric Rat (lyricrat.com): Have you ever been in an argument with friends over who does a certain song? Send whatever lyrical fragment you can recall to this free Twitter application (@LyricRat) and it will reply with the title, the artist and a link where you can read more. Great for settling bar bets.

Shazam (iTunes.com): When a cheesy retro song from the '80s came on in a bar in Singapore where I was visiting with friends, a debate broke out over the name of the artist. I just whipped out my iPhone, cranked up my free Shazam app and within seconds, I had the answer. Shazam uses your iPhone mic to "listen" to a song and then compares it to a master database. It's not perfect, but it's close enough to make you reconsider the existence of magic. (By the way, the song was Who's Johnny by El Debarge.)

Songkick (songkick.com): I once had an idea for a concert wiki where everyone could upload set lists and reviews for every concert ever performed. Turns out that someone had the same (but better) idea. Songkick allows members to add details of any show to a vast, growing database of gigs past. As of this week, the number of catalogued shows is approaching 1.1 million.

GETTY FILE PHOTO

Stumped by that song being played at the local bar? The Shazam app on the iPhone can help you determine the name and artist.

Space Oddity Remixer (iTunes.com): Bowie's career was going nowhere until the BBC started using Space Oddity in their coverage of the Apollo 11 mission. In commemoration of the 40th anniversary of man on the moon, a new app from iKlax allows iPhone users (or with Garageband on the Mac) to try and improve on the original Major Tom story by remixing it. Think the vocals should be tweaked? The mellotron part was always too loud for you? Fix it. Lots of fun for $1.99.

The Tuesday Guide (tuesdayguide.blogspot.com): In Canada, 99 per cent of all new releases come out on Tuesdays. Wouldn't it be great to automatically get a list of the week's new CDs, complete with artwork, mini-reviews and links to buy the downloads? The Toronto-based Tuesday Guide takes care of all the details. You can either visit the website or, as I do, sign up for the weekly newsletter. Indispensable.

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com

share the love with Beth & Brian

Dear Beth & Brian,

One of my favourite Breyers Moments happened when my husband was away on business. He called me to have dinner with him over the phone. When we finished, he asked me to go to the freezer – it was there I found a bowl of Breyers® Double Churn Chocolate Cheesecake that he had left for me.

Wonderfully satisfied,
Colleen

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Beth:
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Richardson to join Tudors

Joely Richardson has joined the cast of Showtime's drama The Tudors. In a five-episode arc on the show's fourth and final season, Richardson will portray Catherine Parr, the sixth and last wife of Henry VIII (Jonathan Rhys Meyers). REUTERS

Television

GETTY IMAGES

Actor Seth Rogen unveils Black Beauty, the featured car from The Green Hornet during Comic Con 2009 in San Diego.

Comic Con in full swing

Convention offers sneak peek at Hollywood blockbusters

NED EHRBAR
Metro World News

The famed San Diego Comic Con is in full swing this weekend, celebrating its 40th anniversary with four days of panels, parties and sneak peeks at upcoming blockbusters.

What started as a humble meet-up of comic book enthusiasts has grown into the premiere venue for Hollywood to unveil its latest properties to die-hard fans — whether the properties are comic book-related or not.

The biggest buzz this year surrounds James Cameron's upcoming Avatar, a 3-D live action film that's been kept carefully under wraps as the famed director has spent the past five years working on it.

But vying for attention is also the latest film in the Twilight series, New Moon. The series' predominantly female fan base adds a new element to the usually male-dominated convention, lovingly referred to by insiders as "Nerd Prom."

Comic Con audience will get the first glimpse of Iron Man 2

Hollywood has learned over the last few years to respect and even indulge the Comic Con audience. The San Diego Convention Center will play host to the first glimpse of Iron Man 2, which is fitting since the first Iron Man had its unveiling here as well.

Producer Joel Silver, who runs Silver Pictures and Dark Castle Entertainment and was the producer behind the Lethal Weapon and Matrix franchises, fully appreciates the power of the comic book audience.

"I've been involved with comic book stories for a long time," he says. "We bought Watchmen and V for Vendetta in the late '80s. I lost Watchmen over the years — I wish I hadn't."

That film, which made a huge splash at last year's Comic Con, is back to celebrate the director's cut DVD with a screening curated by director Zack Snyder.

But Silver has other projects he's focused on now, including the fan favorite DC Comics character Lobo, who should be hitting the big screen soon, according to Silver. "Lobo is one I'm very excited about doing," he says. "We've got a script we like."

FRIDAY

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/24/09	251	308	3	CBC	Coronatn	Jeopardy! (N)	Air Farce	Laughs	Wild Roses "Love and Loss"		CBC News: The National (N)		The Hour
	255	358	6	JOY	E News	The Insider	Smarter Than a 5th Grader?		O.J. Simpson Interview: THS		20/20 (N) (CC)		CHEK News
	250	321	9	CTV	etalk (CC)	Hollywood	Ghost Whisperer (CC)		(:01) Castle (CC)		Nikki Payne Fun Time Show		News
	252	336	11	GTV	Entertainment	ET Canada	The Unit (CC)		Mental "Coda" (N) (CC)		NUMB3RS "Jacked" (CC)		News
	256	389	12	VI	The Road to Avonlea		Crazy/Beautiful ★★ (2001, Romance) Kirsten Dunst. (CC)		Departures (CC)		Stargate Atlantis		News (N)
	253	359	13	CITY	Law & Order: SVU		Mantracker	Mantracker	Departures (CC)		Out There	Out There	The CityNews
	-	-	14	CW	Deal-No Deal	Deal-No Deal	Privileged (CC)		Hates Chris	The Game	Seinfeld	Seinfeld	Frasier (CC)
primetime	289	381	15	CBS	Entertainment	The Insider	Ghost Whisperer (CC)		(:01) Flashpoint "Aisle 13"		NUMB3RS "Jacked" (CC)		News
	287	379	16	NBC	Evening Mag.	Inside Edition	The Chopping Block (CC)		Dateline NBC (CC)				KING 5 News
	288	380	41	ABC	Fortune	Jeopardy! (N)	Surviving	Goode Family	Jim	Jim	20/20 (N) (CC)		News
	290	382	23	FOX	Two Men	Two Men	Smarter Than a 5th Grader?		Mental "Coda" (N) (CC)		News	Most Wanted	Family Guy
news	502	390	26	NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	Sportsnet	MLB Baseball Cleveland Indians at Seattle Mariners. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	CFL Football	CFL Football Calgary Stampeders at BC Lions. From BC Place Stadium in Vancouver.						SportsCentre	SportsCentre
family	552	543	25	YTV	Chestnut: Hero of Central Park (2006) Makenzie Vega. (CC)				Prank Patrol	Prank Patrol	Family Biz	Adrenaline	Mystery Hnt.
	555	545	30	TEL	Batman	Spider-Man	Wolverine	Justice	Futurama		(:25) Doctor Strange (2007, Action) (CC)		Hellboy
	268	354	5	KNO	No Price Too High		Poirot "The Dream" (CC)		A Most Mysterious Murder		Memorandum (N) (CC)		Bethune
cable variety	575	583	20	CMT	The Linda McCartney Story ★★ (2000) George Segal, Elizabeth Mitchell.					Candid C.	The Linda McCartney Story ★★ (2000)		
	615	520	31	A&E	CSI: Miami (CC)		Criminal Minds (CC)		CSI: Miami "Bunk" (CC)		CSI: Miami "Forced Entry"		CSI: Miami
	521	560	24	TLC	Dress	Dress	What Not to Wear "Ariel"		Dress	Dress	What Not to Wear "Yorine"		Not to Wear
	616	522	39	SHO	The Outer Limits "Joy Ride"		BeastMaster "The Guardian"		Kenny	Kenny	Trailer Park	Trailer Park	Webdreams
	294	650	27	TBS	(6:00) Independence Day ★★★ (1996) (PA) Will Smith.				Sex and-City	Sex and-City	(:10) Big Fat Liar ★★ (2002) Frankie Muniz.		
	603	561	32	FN	Diners	Diners	Ramsay's Kitchen		Unwrapped	Unwrapped	Bobby Flay	Dinner	Diners
	320	621	30	CEN	(6:25) Numb (2007) (CC)		Pineapple Express ★★ (2008) Seth Rogen. Premiere. (CC)				Sex Drive ★★ (2008) Josh Zuckerman.		
	581	566	101	MTV	True Love	The X Effect	Cribs (CC)	Cribs (CC)	16 and Pregnant "Farrah"		True Love	The X Effect	Made (CC)

SATURDAY

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/25/09	251	308	3	CBC	The Nature of Things (CC)		The Week the Women Went		All Access Concerts (N)		Intelligence (CC) (DVS)		News
	255	358	6	JOY	Out There	E News	Rich Poor	Rich Poor	Trophy Wife (2006) Brooke Burns. Premiere. (CC)				CHEK News
	250	321	9	CTV	W-FIVE-Manners		Eight Days to Live (2006, Drama) Kelly Rowan. (CC) (DVS)				Law & Order: SVU		News
	252	336	11	GTV	Doc (CC)		Doc "Nip, Tuck and Die"		Doc "The Family Tree"		Doc "The Last Ride" (CC)		News Final
	256	389	12	VI	New Canoe	Island Week	The Road to Avonlea		Kool Countdown (CC)		Dirty Sexy Money (N) (CC)		Bravo! Fact
primetime	253	359	13	CITY	Without a Trace "Exposure"		Murdoch Mysteries		Treed Murray ★★ (2001) David Hewlett. (CC) (DVS)				Role
	-	-	14	CW	CSI: NY (CC)		Boston Legal (CC)		Boston Legal "Patriot Acts"		CSI: NY (CC)		CSI: Miami
	289	381	15	CBS	(6:30) Seafair 2009 (CC)		Torchlight Parade (CC)				48 Hours Mystery (CC)		News
	287	379	16	NBC	Paid Program	Inside Edition	Kings "The New King P.2"		Law & Order: Criminal Intent		Law & Order: SVU		KING 5 News
	288	380	41	ABC	Fortune	Jeopardy!	Wipeout (CC)		Castle "Always Buy Retail"		Dirty Sexy Money (N) (CC)		News
	290	382	23	FOX	Two Men	Two Men	Cops (CC)	Cops (N)	America's Most Wanted		News	Most Wanted	MADtv (CC)
news	502	390	26	NW	Doc Zone (CC)		Sat. Report	Our World	Sat. Report	Mansbridge	Doc Zone (CC)		Sat. Report
	500	500	33	CNN	Newsroom		Black in America "Tomorrow's Leaders"				Newsroom		Black, Amer.
sports	407	419	22	RSP	Darts World Premier League.				Air Racing		Sportsnet Connected (Live)		Poker
	400	400	30	TSN	SportsCentre (Live) (CC)			Boxing Friday Night Fights. (Taped) (CC)				Boxing	SportsCentre
family	552	543	25	YTV	Prank Patrol	Prank Patrol	Survive This	Adrenaline	In Real Life (CC)		Prank Patrol	Prank Patrol	Mystery Hnt.
	555	545	30	TEL	Space Jam ★★ (1996) Michael Jordan, Wayne Knight.				Futurama	Chicken	Clone High	Rick & Steve	Moral Orel
	268	354	5	KNO	National Geographic		Heartbeat (CC)		Midsomer Murders "Vixen's Run" (CC)				Jazz
cable variety	575	583	20	CMT	Reba (CC)	Reba (CC)	Sessions	Sessions	Pushing Tin ★★ (1999, Comedy-Drama) John Cusack, Billy Bob Thornton.				
	615	520	31	A&E	CSI: Miami (CC)		The Sopranos (CC)		CSI: Miami "Broken" (CC)		CSI: Miami "Body Count"		CSI: Miami
	521	560	24	TLC	48 Hours: Hard Evidence		Dateline: Real Life Mysteries		Dateline: Real Life Mysteries		48 Hours: Hard Evidence		Detectives
	616	522	39	SHO	(6:00) Lost Behind Bars (CC)		Abducted (CC)				The Descent ★★★ (2005, Horror) (CC)		
	294	650	27	TBS	Kicking & Screaming ★★ (2005, Comedy) Will Ferrell. (CC)				Bill Engvall	Bill Engvall	Richie Rich ★★ (1994) Macaulay Culkin.		
	603	561	32	FN	Kitchen Nightmares (CC)		Hell's Kitchen (CC)		Challenge Birthday cake.		The Next Food Network Star		Nightmares
	320	621	30	CEN	Welcome Home Roscoe		Burn After Reading ★★★ (2008) Premiere.		(:35) Hot Fuzz ★★★ (2007) Simon Pegg, Nick Frost. (CC)				
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	MTV Live	MTV News	After

SUNDAY

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/26/09	251	308	3	CBC	Heartland Amy is star struck.		The Summit (2008) (Part 2 of 2) Mia Maestro. (CC) (DVS)				CBC News: Sunday Night (N)		CBC News:
	255	358	6	JOY	Mysteries	Mysteries	Extreme Makeover: Home Edition "Kadzis Family" (CC)				D. Richards	Kendra (N)	CHEK News
	250	321	9	CTV	Corner Gas	Degrassi	Merlin (N) (CC)		Cold Case "The Brush Man"		Without a Trace (CC)		News
	252	336	11	GTV	16:9 Picture	Amer Dad	Big Brother 11 (N) (CC)		Family Guy	Amer Dad	Simpsons	Family Guy	News Final
	256	389	12	VI	Funniest Home Videos		America's Got Talent (CC)		America's Got Talent (CC)		Desperate Housewives		New Canoe
primetime	253	359	13	CITY	Two Men	Hates Chris	Kings (CC)		Royal Pains (CC)		Crusoe (CC)		Role
	-	-	14	CW	Easy Money "Xtra Mayo" (N)		The Cutting Edge 3: Chasing the Dream (2008, Drama)				Seinfeld	Seinfeld	Cold Case
	289	381	15	CBS	60 Minutes (CC)		Big Brother 11 (N) (CC)		Cold Case "The Brush Man"		Without a Trace (CC)		News
	287	379	16	NBC	Dateline NBC (CC)		Merlin (N) (CC)		The Storm (2009) (Part 1 of 2) Treat Williams. Premiere.				KING 5 News
	288	380	41	ABC	Funniest Home Videos		Extreme Makeover: Home Edition "Kadzis Family" (CC)				Desperate Housewives		News
	290	382	23	FOX	'Til Death	Amer Dad	Zoom ★ (2006, Comedy) Tim Allen. Premiere. (CC)				News	Sports	House (CC)
news	502	390	26	NW	Doc Zone "Wild Horse Redemption" (CC)				CBC News: Sunday Night		Doc Zone "Wild Horse Redemption" (CC)		
	500	500	33	CNN	Newsroom		Black in America "Today's Pioneers"				State of the Union		Black
sports	407	419	22	RSP	MLB Baseball		Sportsnet Connected (Live)		UFC Top 100 Fights		Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	SportsCentre (Live) (CC)			Motoring	College Basketball: Slam Dunk & 3-Point Championship				SportsCentre
family	552	543	25	YTV	(6:00) Air Buddies (2006)		Prank Patrol	Prank Patrol	In Real Life "E.R." (CC)		Adrenaline	Survive This	Mystery Hnt.
	555	545	30	TEL	Stoked (N)	Totally Spies	6TEEN (CC)	6TEEN	Futurama	Punch (CC)	Life's a Zoo	Life's a Zoo	Rick & Steve
	268	354	5	KNO	Tepuis: Into the Lost World		Inspector Morse: Greeks Bearing Gifts (1994) John Thaw.				A Most Mysterious Murder		Jazz
cable variety	575	583	20	CMT	2009 CMT Music Awards Video of the Year Special Video of the Year nominees.						Music Awards Video of the Year Special		
	615	520	31	A&E	Hammertime	Hammertime	Hammertime	Hammertime	Gene Simmons		Simmons	Simmons	Hammertime
	521	560	24	TLC	Dancing Tweens (N) (CC)		I Didn't Know	I Didn't Know	I Didn't Know	I Didn't Know	Dancing Tweens (CC)		I Didn't Know
	616	522	39	SHO	The Guard "The Big Day"		A Life Interrupted (2007, Docudrama) Lea Thompson. (CC)		Futurama		Rescue Me "Initiation"		The Guard
	294	650	27	TBS	(6:45) The Shaggy Dog ★★ (2006) (CC)		(:45) The Goonies ★★ (1985, Adventure) Sean Astin, Josh Brolin. (CC)						The Tuxedo
	603	561	32	FN	Dinner: Impossible (CC)		Restaurant Makeover (CC)		Get on Plate	Food	Iron Chef America (CC)		Dinner
	320	621	30	CEN	(6:20) Nancy Drew ★★ (CC)		What Just Happened? ★★ (2008) (CC)		Wild West Comedy Show: 30 Days & 30 Nights				
	581	566	101	MTV	Cribs (CC)	Cribs (CC)	After	MTV News	Cribs (CC)	Cribs (CC)	Cribs (CC)	Cribs (CC)	MTV News

Entertainment in brief

TRIAL British singer Amy Winehouse told a London court on Thursday that she pushed a woman after a charity ball last September because she had been scared of her, but denied her in the face. Dancer Sherene Flash has accused the 25-year-old star of punching her in the eye after she had asked the Grammy winner to pose for a photograph. "She (Flash) moved her left arm to lean down to me and tried to pose next to me," Winehouse told the court . REUTERS

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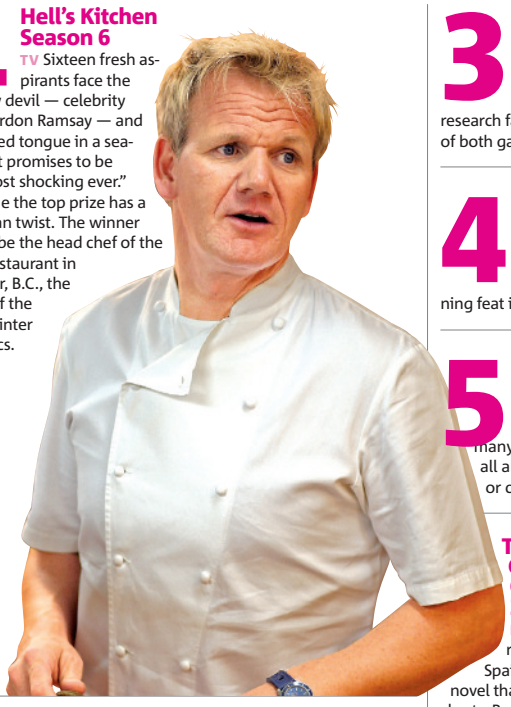
Lance fighting cancer
As cyclist Lance Armstrong competes in the Tour de France, he's still making huge strides in his fight against cancer — only this time he's teaming up with Gossip Girl writer Jessica Queller in a video telling the story of her mother's battle with cancer. TVGUIDE.COM

Going Out

Metro's 7th Heaven: Metro taps what's hot right now

1 Hell's Kitchen Season 6

TV Sixteen fresh aspirants face the culinary devil — celebrity chef Gordon Ramsay — and his forked tongue in a season that promises to be "the most shocking ever." This time the top prize has a Canadian twist. The winner gets to be the head chef of the Araxi restaurant in Whistler, B.C., the home of the 2010 Winter Olympics.



2 Watchmen

DVD Here's a thought: Instead of filling the coffers of Michael Bay (the man behind the insufferable Transformers sequel and other such monstrosities), why not rent (or buy) this CGI-driven, superhero flick that's not afraid to show its heart and head? Director Zack Snyder's take on the "unfilmable" comic-book classic may not be perfect but the attempt is bold enough to deserve a second look.

3 'Splosion Man

VIDEO GAME It's being hailed as the sleeper hit of the gaming world. Available for the Xbox 360 Live Arcade, Twisted Pixel's quirky title about a man who wreaks havoc on evil scientists after breaking loose in a research facility has quietly captured the imagination and hearts of both gamers and critics.

4 Billy Talent III: Billy Talent

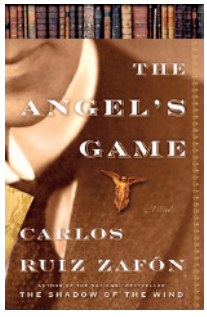
ALBUM The Toronto-based screamo rockers knocked out Black Eyed Peas from the No. 1 spot on Canadian charts this week with their third studio effort. It's no fluke either. The foursome accomplished the chart-winning feat in 2006 as well with their second album.

5 Retro swimwear

FASHION You can make a splash without showing a lot of skin — that was the general message at recent Miami Beach fashion shows. Designers displayed many high-waisted and ruffled looks. As for shape, it was all about the bandeau and the monokini (attached bikini) or cutout one-pieces.

6 The Angel's Game: Carlos Ruiz Zafón

BOOK The current literary superstar of Spain returns with another novel that's burning up the book charts. But The Angel's Game no straight-up crowd-pleaser. The author of the 12-million-selling The Shadow of the Wind conjures up a rare masterpiece — one that perfectly blends low-brow thrills with true fictional insight.



7 Humpday

FILM Straight men gone gay? Not quite — but the Sundance Film Festival favourite definitely ups the ante on the bromance. The story revolves around two thirty-something male friends who decide to enter a porn contest by filming themselves making love to each other. Much awkward hilarity and revelations about male bonding ensue.

Mix of Six

Caribbean Days Festival

When: Saturday - Sunday

Where: Waterfront Park, North Vancouver

The largest Caribbean festival in B.C. returns this weekend, offering Caribbean culture, cuisine and a carnival. Free. Info: caribbeandays.ca.

Granville Showcase

Where: 700 block of Granville Street

When: Saturday between 2-7 p.m.

Come see the newly completed Canada Line Vancouver City Centre Station and enjoy a street party with Granville-area merchants. Info: shoptheline.ca

Picnic in the Park

Where: Brockton Oval, Stanley Park

When: Saturday

A picnic put on by the Vancouver Pride Society with games, children's activities, food, a beer garden and live entertainment. Pets welcome. Info: vancouverpride.ca

Virgin Festival 2009

Where: Deer Lake Park
When Saturday and Sunday

Virgin Fest comes to town featuring the likes of The Roots, Our Lady Peace and K-OS on Saturday and Ben Harper and Relentless7 on Sunday. Info: virginfestival.ca/bc/info/

Mission Folk Music Festival

When: Friday to Sunday
Where: Fraser River Heritage Park in Mission

The 22nd annual festival features acts that will be playing folk, world and blues music. The lineup includes artists from around the world as well as B.C.'s own Headwater and the Breakmen. Info: missionfolkmusicfestival.ca.

Vancouver Early Music Festival

When: July 26 through Aug.16
Where: The University of British Columbia

The Vancouver Society of Early Music presents a series of concerts starting this Sunday at UBC. The first acts features English and Italian Lute music from the Renaissance. Info: earlymusic.bc.ca.

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Kelis welcomes baby boy

Kelis has welcomed a baby boy. Knight Jones — weighing 7.8 lbs. — was born Tuesday at 9 p.m. in New York City, a rep for the 29-year-old singer tells usmagazine.com, adding both baby and mom are doing "wonderful." METRO NEWS SERVICES

Celebrity Buzz

Mischa out of hospital?

IMPROVING A week after calling police with a health problem and being placed under a psychiatric hold, Mischa Barton is "making improvements" and will get back to work, her rep tells People.

Specific details about the 23-year-old actress' condition were not available but Barton's rep says she is "still seeking treatment" and plans to return to work on the CW show The Beautiful Life, which is scheduled to begin production July 31.

Friends have said the former O.C. star is "dealing with personal issues" and has been on "a destructive path" for a while.

According to a source, Barton has now left Cedars-Sinai Medical Center, where last week she was placed under a psychiatric evaluation, known as a 5150 hold.

METRO NEWS SERVICES

Sis Rebbie to raise MJ's kids?

FAMILY MATTERS TMZ.com is reporting multiple sources in the Jackson family as saying that even if Katherine Jackson gets custody of Michael Jackson's kids, it will be the late singer's big sister Rebbie Jackson will raise the children.

The 59-year-old singer, who shares a home in Las Vegas with her husband of over 20 years, has kept a low public profile, but privately she has been deeply involved in the lives of Michael's children.

TMZ reports Rebbie is currently living with Katherine at the family's Encino, Calif., home and is caring for the kids day-to-day.

Although the family is divided on many issues involving Jackson's estate, the gossip website says there's no argument when it comes to Rebbie caring for the kids — and that whether she eventually becomes the custodial parent in name or not, she will end up with the primary responsibility of raising her brother's three children. METRO NEWS SERVICES

E-showdown: CNN v. Larry King

ONLINE BEEF A Twitter fight has broken out between Larry King and his handlers at CNN, TMZ.com reports.

King's wife Shawn says CNN asked him to stop posting personal details on KingsThings — such as him and Ryan Seacrest arguing over who's going to pay for dinner.

King has started a personal account, Shawn KingsHubby.

METRO NEWS SERVICES

Pap gets slap from Jude?

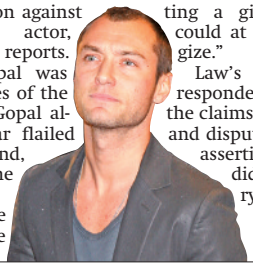
SCUFFLE A female photographer claims to have gotten a "real stinger" of a slap from Jude Law outside a London restaurant on Thursday and is considering legal action against the actor, popeater.com reports.

Harsha Gopal was taking pictures of the actor when, Gopal alleges, the star flailed his arms around, striking the woman.

"He hit me full on the face, it was a real stinger, it was very sore," she told the Daily Mail. "It was deliberate — you could see it in his face. Maybe he didn't realize he was hitting a girl, but he could at least apologize."

Law's lawyer has responded, calling the claims "nonsense" and disputing Gopal's assertion that he didn't say sorry.

METRO NEWS SERVICES



Gosselin love triangle emerges?

HOT COMMODITY A tabloid reporter who has been photographed twice with Jon Gosselin claims to be dating the 32-year-old father of eight, usmagazine.com reports.

"I didn't mean it to happen, it just did," Star reporter Kate Major, 26, said Tuesday. "I went to do a story on Jon and ended up falling for him."

Gosselin and Major were first photographed together Saturday at New York restaurant Accademia di Vino, where an onlooker told usmagazine.com that Major "was flirting shamelessly with Jon."

On Tuesday, a source said the two dined in the Hamptons with Lindsay Lohan's father Michael (who is pals with Major) and Real Housewives of New York star Jill Zarin, whom Jon asked "for media advice."

Gosselin has yet to confirm if he and Major are an item.

Hailey Glassman, 22, also has yet to weigh in on Major's remarks. Last week, Gosselin announced that he and Glassman — the daughter of the surgeon who performed ex Kate's tummy tuck — were dating.

METRO NEWS SERVICES

Perez signs first act to record label

DIVERSIFICATION Gossip blogger Perez Hilton has announced his first signing to his new music label Perezcious Music: French singer Sliimy, ew.com reports.

"His music will make a lot of people smile," he said. "It's good, adult, quirky pop."

METRO NEWS SERVICES

Lily finds her 'Regular Joe'

NEW FLING Lily Allen is dating a painter-decorator, femalefirst.co.uk reports.

The singer — who has previously dated Chemical Brothers star Ed Simons, record executive Seb Chew and art dealer Jay Jopling — is reportedly romancing house painter Sam Cooper after wanting a boyfriend who was closer to her own age and out of the limelight.

A source said: "Lily is tired of only ever being involved with well-known men. She wanted to go out with someone her own age who isn't involved in music or media.

"Sam works hard as a painter and decorator and leads a totally normal life. Lily is completely smitten with him. They have known each other for a while but have only just started dating properly."

METRO NEWS SERVICES

Tracy's animal house

ANIMAL LOVER Let's get one thing straight. Tracy Morgan is not Tracy Jordan, the wild and crazy character he plays on NBC's 30 Rock. In fact, the only thing they share is a love for not-so-furry pets like snakes, people.com reports.

"It's like going to the zoo when you come to my house," Morgan told People, who voices a guinea pig action hero in Disney's new action comedy G-Force. "I have snakes, three sharks, moray eels, piranhas, five scorpions and a bird spider. All of them are predators. They are dangerous but it's cool to have strong and powerful pets."

METRO NEWS SERVICES

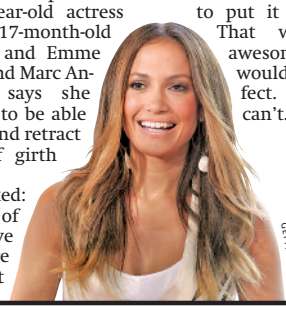
Detachable baby bumps?

GREAT IDEA Jennifer Lopez thinks life would be "perfect" if your pregnancy bump was removable, femalefirst.co.uk reports.

The 39-year-old actress — who has 17-month-old twins Max and Emme with husband Marc Anthony — says she would love to be able to expand and retract her midriff girth at will.

She joked: "A bunch of us who have babies, we're like, 'It would be great when you are pregnant: You could take it off five times during the pregnancy, only for a half hour, then you have to put it back on.' That would be awesome. It would be perfect. But you can't."

METRO NEWS SERVICES



GETTY IMAGES

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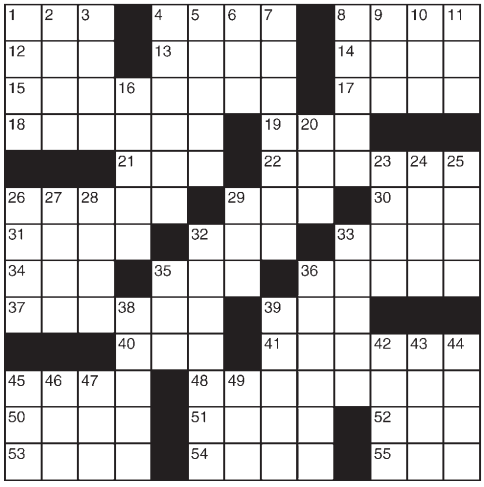
Take Five



ACROSS

1 Film buff's cable channel
4 One of the king's men
8 Ringlet
12 Story of a lifetime?
13 Reverberate
14 Catch a glimpse of
15 Dangerous current
17 Hobbling
18 Heat (Prefix)
19 Rage
21 Football filler
22 Metro
26 Explosion
29 Lawyer's due
30 Raw rock
31 Bush adviser Karl
32 Round Table address
33 $10 in quarters, maybe
34 In olden times
35 CONTROL Agent 86
36 Man of morals?
37 Disliking
39 "— Doubtfire"
40 Attach
41 Ancient
45 Last writes?
48 Ailing
50 Treaty
51 Feed-bag contents
52 "Hail!"
53 Deuce beater
54 Picture of health?
55 Legislation

DOWN

1 Touch
2 Ho Chi —
3 "The Da Vinci —"
4 Say it's OK
5 Tony nominee, maybe
6 Personal question
7 Just as smart
8 Star
9 "Born in the —"
10 Spinning abbr.
11 Caustic solution
16 Obliterate
20 Regret
23 Courts
24 Singer Guthrie
25 Kennel sound
26 Actor Pitt
27 Trademark symbol
28 Acknowledge
29 Predicament
32 Backyard play area
33 Tailor anew
35 Chic, to Austin Powers
36 Fleet
38 Stylishly dressed
39 Valletta is its capital
42 October gemstone
43 Stromboli spillage
44 Bob's daytime-TV successor
45 Make up your mind
46 Prohibit
47 Setting for Capades
49 Listener

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

3		5			1		2	
				7	3			1
7				5		9		
		7					6	
		9	6		5	7		
	8					2		
		4		2				6
1			8	4				
	3		5			4		8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

E	M	U	S	■	M	O	A	T
G	Y	R	E	■	I	N	C	H
G	R	A	C	E	N	O	T	E
S	A	L	A	M	I	■	■	R
■	■	■	N	O	■	T	H	E
R	E	S	T	■	B	R	O	■
A	L	P	■	■	I	A	M	■
F	L	A	B	■	A	C	E	■
■	■	C	U	R	S	E	■	H
T	H	E	S	E	■	■	S	U
R	U	B	■	P	L	A	C	E
A	G	A	■	R	I	G	A	■
P	E	R	■	O	V	E	N	■

B	O	P	4	1	8	9	7	6
R	I	O	3	7	2	4	1	5
A	N	N	9	5	6	8	3	2
R	I	C	K	Y	7	9	4	1
T	H	E	M	E	8	2	5	7
A	L	M	S	■	1	6	3	2
E	A	U	■	■	5	8	2	5
S	T	E	P	■	2	5	7	6
H	I	■	■	■	6	3	1	5
S	U	N	D	A	E	5	8	9
P	L	A	C	E	K	2	4	7
R	I	G	A	■	E	6	3	1
O	V	E	N	■	R	E	D	S

On the web

Find more games to play + more cartoons by the Six Chix at metronews.ca

Metro Recipe of the Day

Smoked Trout and Pasta Salad

INGREDIENTS:

1 each red and yellow pepper, seeded and quartered
10 oz (300 g) penne rigati or other pasta shapes
10 oz (300 g) smoked trout fillets
1 orange
1 large avocado
2 green onions, sliced
2 tbsp (25 ml) capers, well drained
1 1/2 cups (375 ml) arugula

DRESSING:

5 tbsp (75 ml) plain low-fat yogourt
2 tbsp (10 ml) lemon juice
1 tsp (5 ml) Dijon mustard
2 tbsp (25 ml) chopped fresh dill
1/2 tsp (2 ml) white sugar
Pepper to taste

METHOD:

1. Preheat broiler. Place peppers on broiler rack, skin-side up, and broil until skins are blistered and blackened. Remove from broiler and place in plastic bag. Seal and set aside to cool.
2. Meanwhile, bring large pot of water to boil and add pasta. Cook according to package instructions until al dente. Drain, rinse with cold water and drain well again. Transfer pasta to large salad bowl.
3. Flake trout fillets into bite-sized pieces, discarding skin and bones. Cut all skin and pith from orange and cut out segments from between membranes. Halve segments. Halve, pit and peel avocado, then cut into small chunks. Mix dressing ingredients and season with pepper.
4. Peel peppers and cut into strips. Add peppers to pasta together with trout, orange, avocado, green onions and capers. Add dressing and toss gently but thoroughly. Just before serving, toss in arugula.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Life is full of possibilities, now more than ever, and the Sun in Leo urges you to let the artistic side of your nature flourish.

TAURUS ♉
APRIL 21-MAY 21
Strive to keep your feelings under control today, and make sure you look at the events of your life from a logical perspective.

GEMINI ♊
MAY 22-JUNE 21
Sometimes you can be too suspicious for your own good but today and over the weekend you will go to the other extreme and trust everyone.

CANCER ♋
JUNE 22-JULY 22
A money matter or business issue is no longer yours to command, so put it out of your mind and focus instead on other things in your life .

LEO ♌
JULY 23-AUG 23
The Sun in your sign makes this the perfect time to start something new. It does not have to be amazing but it must have the Leo stamp on it.

VIRGO ♍
AUG 24-SEPT 22
Make this the day you start to clear out all that emotional junk you have been carrying around like a bag full of guilty secrets.

LIBRA ♎
SEPT 23-OCT 23
The Sun in one of the more big-hearted areas of your chart urges you to forget about being number one and do things to help life's also-rans.

SCORPIO ♏
OCT 24-NOV 22
Would you like to change the way you live? Would you like to lead a more meaningful existence? If so, now is the time to do something about it.

SAGITTARIUS ♐
NOV 23-DEC 21
The Sun in Leo at this time of year encourages you to take the kind of risks others say you should try to avoid. Be brave, be bold.

CAPRICORN ♑
DEC 22-JAN 20
You may be stuck in a rut and you may be desperate to get some excitement back in your life, but first do something about your financial situation.

AQUARIUS ♒
JAN 21-FEB 18
The Sun in Leo at this time of year makes all things possible for those who know how to give and take. On balance you'll come out ahead.

PISCES ♓
FEB 19-MARCH 20
If there are doubts in the back of your mind your efforts will most likely fall short, and that would be a shame for someone of your intelligence and talent.

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BY TRICKY RICKY KANE

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1. Welcome guitarist Townshend (1)
2. Very big wife of Homer Simpson (1)
3. Grouch or nutcase boozed it up (1)
4. True-blue Kansas City ballplayer (2)
5. More sheepish or docile orator (2)
6. Wonderland girl's fairy-tale homes (3)
7. Schemer's ink-absorbing papers (2)

ANSWERS
1. GREET PETE, 2. LARGE MARGE, 3. CRANK DRANK, 4. LOYAL ROYAL, 5. MEEKER SPEAKER, 6. ALICES PALACES, 7. PLOTTERS BLOTTERS

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